



## BREAKING THE ICE

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When you welcome people are you one to hug or offer a handshake? Why?

If you had to choose one sense to live without which one would it be and why? smell, taste, touch, hear, sight

Last week we talked about wisdom and discernment, where did you experience God's wisdom and discernment in your life this past week?

## MAIN CONTENT

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This week Pastor Kevin talked about awakening our senses to touch and how Jesus saw no one as untouchable.

In the last few years we have survived in a "Do Not Touch" world. We've been told to stay 6 feet apart and not to touch anyone. Being able to touch someone brings high trust in relationships. It connects us to others physically and emotionally.

1. Are you a high touch person or would you rather people keep their hands to themselves? Explain.

Jesus lived His life in a "Do Not Touch" world, yet He did not always follow the rules. The world in His time had strict pure vs impure, clean vs unclean rules. Anything that could lead to death was considered untouchable. Jesus didn't see anyone as untouchable, He came to give life who felt untouchable.

2. Has there ever been a time in your life where you felt untouchable by others? Would you be willing to share that story with the group?

### **Read Matthew 8:1-3**

After Jesus had delivered the Sermon on the Mount, He came down from the mountain and saw a leper. In those days, lepers carried a very negative social and religious stigma. The man knew Jesus could heal him, so he waited and asked Jesus to make him clean. Jesus reached out and touched the "untouchable" leper and made him clean. Jesus loved the "unclean" man before He healed him. He loves us before we are clean.

3. How have you experienced God's overwhelming love in a time when you felt you hadn't deserved it?

Jesus came to touch our hearts in the middle of our sin, shame, addiction or whatever we feel keeps us from Him. He touches us and makes us clean. Only through Him are we cleansed and forgiven.

There are two truths we can remember about Jesus and touch. The first one is there is no such thing as being untouchable to God. No one is untouchable. We can do the worst thing possible and God will still reach out to touch us and show us His love.

4. Talk about someone in your life that treats everyone the same, someone who doesn't believe anyone is untouchable.

The second truth we know about Jesus and touch is that He is always approachable. Jesus showed us how approachable He was when people came to him to find His healing touch. Our second story of Jesus touch is found in Matthew 9:20-22.

### **Read Matthew 9:20-22**

The woman who touched Jesus's garment knew all she had to do was touch Him to be healed. She knew the approachable Messiah would provide healing spiritually, physically and emotionally.

5. What does it mean to be approachable? Who in your life exemplifies being approachable?

6. How approachable do you believe you are? What are some areas you can work on to be approachable to share the love of Jesus and let others know they are not untouchable?

When we allow Jesus to touch our hearts, shame disappears. Our past does not define us. Jesus has healed us of our sin and shame. We can come to Him with all of our baggage, sin and shame and allow Him to touch our hearts, heal our wounds and make us clean.

## **CLOSING PRAYER**

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God, thank you for accepting us exactly how we are, that there is nothing that can keep us from your love. When you look at us you see how beautifully you made us, will you please remind us of that when we feel that we don't deserve it. Please put people in our lives that can help us know who you created us to be and encourage us in our faith journey. Help us to love like you and help others know they are not untouchable. Give us wisdom and discernment on what it looks like for us to take our next step in our journey to follow you and help others know they are loved and deemed clean by you. Amen.

## ACTION STEP

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- + Show love to someone this week and share the love of Jesus with them. Ideas include befriending someone at work or school who you may normally may not spend time with or buying a meal for a homeless person.
- + If you have felt untouchable or unloved in your life, ask a group member to pray for you this week as you seek God's love to fill the hurt and pain. If you need further counseling please reach out to your campus pastor.