

## Rock Us: *Godsense: Experiencing Life Through the Five Senses of Jesus* Part 5: Reach Out & Touch Somebody

Our last incredible human sense is touch. Our sense of touch or feel is possible through millions of sensory cells throughout the body. Our skin alone has 5 million of the receptors, but these 'feeling receptors' are found inside the body too of course. Our receptors can sense pressure, pain & temperature. A human can detect all sorts of textures, temperatures and materials via touch. We can feel a surface with a texture of on 13 nanometers in amplitude, or something .00000005 (one 500 millionth of an inch high). For reference, a virus is between 30 & 200 nm, so humans can potentially detect germs & such just by feeling them! Of course, touch helps us function in everyday life, sensing the world around us and operating in successfully. Without these sense of feeling, we wouldn't be able to do most basic things in life. (Think about how weird it is when your foot falls asleep & you can't feel it!) Touch [or feeling] is believed to be the first sense to develop in babies as they form in their mother's womb. Touch connects us to people and lets us know we're not alone & that we're loved. It is super important among developing babies in connecting with their parents. An absence of touch in early childhood can also be very detrimental later in life. Studies show that prolonged touch deprivation in infants (like babies in understaffed orphanages or preemies in incubator isolation) can result in stunted growth & poor immune systems right away, plus significantly higher rates of heart disease, obesity & diabetes in adulthood. Touch or feeling is also an important safety tool in humans. Sensing heat can warn us of the dangers of fire for instance.

Touch can be a comforting, kind and selfless experience: a handshake, a pat on the back, a helpful hand **reaching out** to lift you up, a hug, laying of hands to pray. These kind of touches are essential aspects of human life; they make life nicer, kinder, more hopeful, more loving. But touch can also be used for selfish, hurtful, harmful & hateful things too: grabbing food; a push, slap or punch; a forced kiss or an unwanted sexual advance. These are the things that make life worse, that drag people down, that demean & dehumanize them. So our touch is super important. Again, we have two big choices: 1.) either **reach out** & touch people's lives in good & godly ways, or 2.) selfishly touch people for our own gain, pleasure or capricious pride. The first method honors God & His highest creation, humans. The second way angers God and adds to people's suffering.

Again, Jesus Christ is our source for the greatest example of using our touch in the best ways. Jesus shows us how we should reach out with a kind, loving, healing & honorable ways. He reached out & touched people only to help them, encourage them and lead them to God. We covered this 7 weeks ago in the *Hands of Hope* message about Jesus ([quick review to follow](#)). We also know that Jesus felt things, some very terrible things: the chains that bound Him, the slaps & punches, being scourged & whipped, a crown of thorns digging into his scalp, carrying a cross on His bloody shoulders. He felt the unthinkable torture of nails piercing His hands & feet, the agony of being suspended by those nails on the cross. Finally, Jesus felt the entire weight of all the world's sin (past, present & future) on Him as He hung there (**2Cor 5:21**). He felt all this pain because He loves you!

Jesus is God in the flesh. He could have **reached out** in anger & selfishness to touch His enemies with fire & lightning. He could have called down 12 legions [72,000] of angels (**Mt 26:53**). But Jesus never did this. He never touched people with selfishness, self-gratification, hatred, anger or revenge. Jesus was & is about completely loving people & completely loving God.

The Bible says that all who trust in Jesus Christ as Lord & Savior "*All of you together are Christ's body, and each of you is a part of it.*" (**1Cor 12:27**). So how should we use our sense of touch? I think the "Body of Christ" was working perfectly past Sunday at the Hoving Home. Each part of our group **reached out** in their different gifts & talents to bless the ladies recovering there from addictions. We have a chance to **reach out** to people each summer at *Reach Out XII* too. And we can extend the loving, kind touch of Jesus to people around us every day.

So here's the bottom line: we all have the gift of touch, we all feel. We know what its like to receive the kind touch of other people. We also all know what it's like to receive the selfish, hurtful or hateful touch of people too. You really have to decide one of two things about your life: 1.) Is it gonna be all about me, what can you do for me & What can I get out of you? etc. You can choose to be selfish & self-serving like many do (**2Tim 3:1-5**) The end result of this kind of self-centered life will not be good... (**Rom 2:8**) Or 2.) You can make your life about loving God & loving people, using

your life's gift, talents & passions to reach out & touch people to help & love them & to bring glory to God. This is so important & really separates the true Jesus follower from the rest of the world.. **Phil 2:3-11** really lays it out, be humble & loving towards others, like Jesus did. That's the very best way to reach out & touch someone!

### BIBLE SCRIPTURES

**Mk 10:45 ...the Son of Man [Jesus] came not to be served but to serve others and to give His life as a ransom for many.**

**2Tim 3:1-5 You should know this, Timothy, that in the last days there will be very difficult times. For people will love only themselves and their money. They will be boastful and proud, scoffing at God, disobedient to their parents, and ungrateful. They will consider nothing sacred. They will be unloving and unforgiving; they will slander others and have no self-control. They will be cruel and hate what is good. They will betray their friends, be reckless, be puffed up with pride, and love pleasure rather than God. They will act religious, but they will reject the power that could make them godly. Stay away from people like that!**

**Rom 2:8 But other people are selfish. They refuse to follow truth and, instead, follow evil. God will give them His punishment & anger.**

**Phil 2:3-8 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interests, but take an interest in others, too. You must have the same attitude that Christ Jesus had. Though He was God, He did not think of equality with God as something to cling to. Instead, He gave up His divine privileges He took the humble position of a slave and was born as a human being. When He appeared in human form, He humbled himself in obedience to God and died a criminal's death on a cross.**

### DISCUSSION QUESTIONS

1. Many things in life, such as blankets & bunnies, just feel nice. What's your favorite thing to feel or touch?
2. Somethings are unpleasant to feel or touch. Name something that feels unpleasant to you? Why is it unpleasant?
3. Our subject tonight is touch. How have kind & loving people touched your life? What has that mean to you?
4. Read Mk 10:45. What can we learn from the life & death of Jesus about how we should treat others?
5. Read 2Tim 3:1-5. In contrast to Jesus, people can be self-centered or selfish towards others. How have you seen this in life?
6. Read Rom 2:8. What are the results of a selfish, self-centered, self-seeking lifestyle?
7. Read Phil 2:3-8. We all have a choice: to live in a selfish, self-centered, self-serving manner or to live lovingly & humbly like Jesus.  
A.) Why's this choice of lifestyles so incredibly important? B.) What kind of life will you choose? C.) What areas do you need help in?

### CLOSING PRAYER:

Dear God, thank you for sending Jesus to die in our place on the cross so that we could be made free from our sins. Lord Jesus, thank You for touching our hearts with Your selfless love. Help us to humbly love others & reach out to them, just like You reached out to us. Destroy any roots of selfishness or self-centeredness that lie within us. Make us to be pure instruments of Your love in this world. In Your Name Jesus we pray, Amen.