

## **Our Hands...His Hands**

Read “The Praying Hands” (see PDF file on website)

**Warm-Up Question:** Why do you think God made our hands?

Let’s look at our hands:

What are things we do with our hands?

What do \* symbolize?

- holding hands
- open hands
- closed hands
- fist
- raised hands
- clapping hands (Psalm 47:1)

Read each verse and look at what our hands should be used for and WHY.

Verses:

Praying/Laying on of Hands

- 1 Timothy 2:8
- Acts 8:17; 19:6

Serving

- Ephesians 4:28
- 1 Thesalonians 4:11
- Nehemiah 2:18
- Zechariah 8:9,13
- Proverbs 3:27; 31:20

Blessing

- Genesis 48:14

Other

- Luke 9:62

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Now, look at Moses and Sampson. See how God used their obedient hands and how He can use ours.

Read Exodus 10:12,21,22; Judges 16:26.

### God's Hands:

Read and discuss what God's hands do and why in each of these verses.

- Exodus 15:6,12—Protection/Strength
- Exodus 33:22-23—Covers/Consumes
- 2 Chronicles 30:12—Unites
- Job 2:10; Psalm 32:4—Disciplines
- Job 12:10; Isaiah 40:12—Holds universe
- Isaiah 48:13—Created/formed universe
- Psalm 18:35—Saves/Supports
- Psalm 31:5—Holds our spirit
- Psalm 139:5—Blesses and guides
- Isaiah 14:17—Unstoppable
- Isaiah 41:13—He holds our hands!
- Isaiah 64:8; Jeremiah 18:6—Molds & Makes
- Daniel 10:10—Can touch us

Now let's look at Jesus' hands

Read these miracles and discuss Jesus' hands and what they did in each one. Why does He touch instead of simply healing by words?

- Matthew 8:15; 9:18; 9:25
- Mark 5:41; 8:23; 9:27
- Luke 4:40
- Mark 10:13—Blessing of Children

### Discuss Crucifixion

Read John 20:25-27

Then read Psalm 22:1-18

Discuss.

Read Revelation 3:20

Jesus knocks with his nail pierced hand on the doors of our hearts even today.

Transition: Read Matthew 12:10-13

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What does this reveal about Jesus?

He is the healer of deformed hands.

Read Psalm 24:3-5—Blessing and a promise

Closing personal question:

Are your hands doing what God wants them to or are they deformed?  
Do you need him to heal your hands?

(You can take time for prayer here...splitting up into groups...telling them you'll stay behind if they need to talk with someone...or you could have each of them write a prayer to God....do as the Spirit leads)