



Meditation #1

Pentecost 2009

In Celebration of the Spirit:
Stretching Out in Expectation of the Overflow!
Acts 2

“Get a Grip!”

“...handle me, and see...”

Luke 24: 39

It is easy sometimes to slip away from the closeness and intimacy we share with Jesus. The busyness of life, the responsibilities of work, the attractions of pleasures, and even the enjoyments of God’s blessings can sometimes create distance between us and the Savior. Too, our spiritual slothfulness can affect our intimacy with Jesus when we become lazy in our spiritual disciplines of fasting, prayer, study, and heartfelt worship. What’s that thing that causes you to slip away from intimacy with Jesus?

For the disciples in our scripture of focus it was doubt and fear. Jesus was present but they believed not that it was He. But Jesus was not willing to allow them to slip away. Thus He says to them, “Handle me.” He says that to you and me today beloved of God! To everyone who feels like you are losing your grip, who feels like you are falling away, Jesus invites us to re-establish our rightful place of intimacy with Him. Discern correctly now, even now at this moment, that it is Jesus who is speaking to your heart, mind, and Spirit, so eagerly welcoming you to touch Him, and hold on to Him and not let Him go. Let Him prove to you again that He is the marvelous Savior and Lord that you have for so long worshipped, trusted and believed in.

Let go of your doubt!
Release your fears!
Toss your anxieties over your shoulder into yesterday!
Rebuke the shame and guilt you are trying to handle!
Get a grip on Jesus and let Him handle it for you!

Pray this:

“Lord Jesus today I hold firm to you as I know you hold firm to me. I release now the thoughts, feelings, and experiences that prevent me from closeness to you. By your grace, grant that I may now re-establish the intimacy we have shared.”