Silent Reflections

Tuesday 27th October 2026

Healing Love



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"All you need is love " sang The Beatles. Looking at the world today with its many problems and conflicts it seems to me that there has never been a greater need for healing love. For Christians, The concept of healing love is not merely an emotional statement.It is a transformative,restorative power rooted directly in the character and action of God.

In the Bible,there are many references in both the Old and New Testaments which speak of God as the ultimate healer.

Exodus 15:26 "I am the Lord who heals you"

Psalm 147:3 "He heals the broken hearted and binds up their wounds"

Divine care attends to the holistic healing of the whole person – the internal,emotional,physical and spiritual.

In the person of Jesus there is the embodiment of healing love.Throughout His ministry he is seen as stepping directly into human pain and brokenness to restore those who believe that they have become distanced from the love of God – and restored to wholeness.

Here are two examples.

Luke 5: 12 -13 – Jesus heals a Leper

Once when He was in one of the cities there was a man covered with leprosy.When he saw Jesus,he bowed with his face to the ground and begged Him,"Lord,if you choose you can make me clean.Then Jesus stretched out his hand,touched him and said " I do choose.Be made clean.Immediately the leprosy left him"

Question – Here Jesus gives a physical healing and shows compassion to someone who because of his condition had become subject to social taboos and physical isolation.healing love restores his dignity alongside his physical healing.Are there groups in todays world that suffer the same prejudice and treatment ?

John 4:1-26, 39-42

Jesus and the Woman of Samaria

4 Now when Jesus[a] learned that the Pharisees had heard, 'Jesus is making and
baptizing more disciples than John'— **2** although it was not Jesus himself but his
disciples who baptized— **3** he left Judea and started back to Galilee. **4** But he
had to go through Samaria. **5** So he came to a Samaritan city called Sychar, near
the plot of ground that Jacob had given to his son Joseph. **6** Jacob's well was
there, and Jesus, tired out by his journey, was sitting by the well. It was about
noon.

7 A Samaritan woman came to draw water, and Jesus said to her, 'Give me a
drink'. **8** (His disciples had gone to the city to buy food.) **9** The Samaritan woman
said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?'
(Jews do not share things in common with Samaritans.)[b] **10** Jesus answered her,
'If you knew the gift of God, and who it is that is saying to you, "Give me a
drink", you would have asked him, and he would have given you living water.'
11 The woman said to him, 'Sir, you have no bucket, and the well is deep. Where
do you get that living water? **12** Are you greater than our ancestor Jacob, who
gave us the well, and with his sons and his flocks drank from it?' **13** Jesus said to
her, 'Everyone who drinks of this water will be thirsty again, **14** but those who
drink of the water that I will give them will never be thirsty. The water that I
will give will become in them a spring of water gushing up to eternal life.' **15** The
woman said to him, 'Sir, give me this water, so that I may never be thirsty or
have to keep coming here to draw water.'

16 Jesus said to her, 'Go, call your husband, and come back.' **17** The woman
answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I
have no husband"; **18** for you have had five husbands, and the one you have now is
not your husband. What you have said is true!' **19** The woman said to him, 'Sir, I
see that you are a prophet. **20** Our ancestors worshipped on this mountain, but
you[c] say that the place where people must worship is in Jerusalem.' **21** Jesus
said to her, 'Woman, believe me, the hour is coming when you will worship the
Father neither on this mountain nor in Jerusalem. **22** You worship what you do
not know; we worship what we know, for salvation is from the Jews. **23** But the
hour is coming, and is now here, when the true worshippers will worship the
Father in spirit and truth, for the Father seeks such as these to worship him.
24 God is spirit, and those who worship him must worship in spirit and truth.'
25 The woman said to him, 'I know that Messiah is coming' (who is called Christ).

'When he comes, he will proclaim all things to us.' 26 Jesus said to her, 'I am he,[d] the one who is speaking to you.'

27 Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, 'What do you want?' or, 'Why are you speaking with her?' 28 Then the woman left her water-jar and went back to the city. She said to the people, 29 'Come and see a man who told me everything I have ever done! He cannot be the Messiah,[e] can he?' 30 They left the city and were on their way to him.

39 Many Samaritans from that city believed in him because of the woman's testimony, 'He told me everything I have ever done.' 40 So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. 41 And many more believed because of his word. 42 They said to the woman, 'It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.'

Question – In this encounter Jesus heals her shame and offers her "living water" that satisfies her soul. She is so amazed by the encounter that she goes and tells others about Jesus – some of whom subsequently came to faith.If you had been in this scene what might have been your reaction ?

The Early Church encouraged Christian communities to extend healing love to others and follow the example of Jesus in their treatment of others

1 Peter 4;8

Above all,love each other deeply because love covers over a multitude of sins.

Galatians 6:2

Carry each others burdens and in this way you will fulfil the law of Christ

Question- How might individuals and church seek ways to do this today ?

You may wish to reflect on the following contribution

Henri Nouwen, a 20th century Catholic theologian wrote in his book "The Wounded Healer"

True healing does not come from hiding our pain or acting as all knowing fixers but from turning our personal wounds into a source of compassion and connection with others

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In today's world so many people carry burdens which are not seen by others and who feel isolated as a result.The media often carries unhelpful messages which can challenge self worth and so perpetuates the problems being experienced.For Christians Jesus' ultimate sacrifice of healing love is a reminder that they are loved and accepted.

Poem – Whispers in His Comfort

When sorrow lingers soft and slow

Tears fall where no words can go

His comfort whispers calm and near

A tender voice Im blessed to hear

He lifts the weight I cannot move

With mercy's touch and healing love

A concluding prayer

Let your healing grace flow like a river,washing away pain,fear and weariness

Mend what is broken,calm restless thoughts and replace anxiety with your perfect peace.

Remind us that your love is a safe shelter for every weary heart.Amen