

**Sabbath Moments:  
A Service for Healing and Wholeness**

Sunday, March 8, 2009, 6 p.m.  
Southport Presbyterian Church  
The Toney Chapel

*Deeply Moved...*

**Listen to the heart of Jesus, hear his emotions, and reflect on them.**

Filled with compassion (moved with pity and sympathy) Jesus reached out His hand and touched the man. "I am willing," he said, "be made clean!" (Mark 1: 41)

He looked around at them in anger (with vexation and anger) and, deeply distressed (grieved) at their stubborn hearts, said to the man, "Stretch out your hand." He stretched it out, and his hand was completely restored. (Mark 3: 5)

When Jesus saw this, he was indignant (pained/irate). He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these." (Mark 10: 14)

When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled (he chafed in spirit and sighed and was disturbed). "Where have you laid him?" he asked. "Come and see, Lord," they replied. Jesus wept. (John 11: 33 – 35)

Jesus loved (esteemed) Martha and her sister and Lazarus. (John 11:5)

Jesus knew (was fully aware) that the time had come for him to leave this world and go to the Father. Having loved his own who were in the world, he now showed them the full extent of his love. (John 13:1)

When the Lord saw her, his heart went out to her (he had compassion for her) and he said, "Don't cry." (Luke 7:13)

**Listen to the Psalms and their language of feeling.**

How long, O lord? Will you forget me forever? How long will you hide your face from me? How long must I wrestle with my thoughts (lay up cares within me) and every day have sorrow in my heart? How long will my enemy triumph over me? (Psalm 13: 1-2)

Listen to my prayer, O God, do not ignore my plea; hear me and answer me. My thoughts trouble me and I am distraught... (Psalm 55: 1)

I love the Lord, for he heard my voice; he heard my cry for mercy. (Psalm 116:1)

Be at rest once more, O my soul, for the Lord has been good to you. (Psalm 116:7)

Shouts of joy and victory resound in the tents of the righteous. (Psalm 118:15)

My bones suffer mortal agony as my foes taunt me all day long, "Where is your God?" (Psalm 42:10)

Praise be to the Lord, for he showed his wonderful love to me when I was in a besieged city... Love the Lord, all his saints!" (Psalm 31:21-23)

**And guard your heart.**

My son, pay attention to what I say; listen closely to my words. Do not let them out of your sight, keep them within your heart; for they are life to those who find them and health to a man's whole body. Above all else, guard your heart, for it is the wellspring of life. (Proverbs 4: 20-23)

**God be with you as you enter a new week.**