

Cupped Hands

Several years ago, while working on an adolescent unit in a psychiatric hospital, I was counseling with an eleven year old boy who had been sexually abused. He was also picked on by the kids at school. In short, this little guy had a tough life, and my heart ached for him.

However, having talked with him, I knew he believed in God. So, one day I asked him to cup his hands, as though he was cupping water, and I asked him to pretend to put all of the anger, and the hurt, and the rejection, and the worry and the fear—everything he was feeling—into his hands and feel how heavy it was. He thought for a minute and said, “Yeah, it weighs a lot!”

I then asked him to pretend that God’s hands were under his, and when he could, to open his hands and dump all of these weighty issues and feelings into the God’s hands. I told him that what he was carrying was too heavy for him; that only God was strong enough to carry his load. He said he’d give it a try.

The next morning when I went on to the adolescent unit, he came running up to me smiling ear to ear. He said, “It works!”

And it does.—I don’t know what burdens you are carrying today: fear, worry, anger, bitterness, hurt, rejection, disappointment, a wounded heart . . . What I can tell you is that there is Someone who longs to carry your burdens; Jesus!

He said, “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls, For my yoke is easy and my burden is light.” [Matthew 11:28].

The question is, “Will you come?”—Will you come to the One who created you? [John 1:10-12; Hebrews 1:1,2] Will you come to the One Who loves you and died for you? [John 3:16; Romans 5:8, 6:23] Are you willing to place not only your problems into God’s hands, but even more importantly, are you willing to place your life into the hands of God? He loves you and will be there for you.

If you have never committed your life to Christ, or you feel the need of making sure, may I suggest the following prayer? “Dear Lord Jesus, I thank you for loving me. I am sorry for the sin, and pride, and lack of trust that has kept me from you. I believe you died on the cross and rose again to pay for my sin which has separated me from you. As best as I know how, right now, I place my life in your hands. I invite you to come into my life. Forgive me of my sin and make me the person you want me to be. Calm my fears, carry my burdens, and open my heart to receive your love. Thank you for hearing this prayer. Amen.”

I also encourage you to pray: “Lord Jesus, whenever the time in my life comes that I can bring

you greater glory through my death than through my life, I want you to take me, but not before. Amen” This puts God in charge, which is how it should be.

May His peace be yours.

Serenity Prayer

[expanded version]

God grant me serenity to accept the things
I cannot change, courage to change the
things I can, and wisdom to know the
difference. Living one day at a time,
enjoying one moment at a time. Accepting
hardship as a pathway to peace. Taking, as
Jesus did, this sinful world as it is, not as I
would have it. Trusting that You will make all
things right if I surrender to your will. So that I
may be reasonably happy in this life, and
supremely happy with You forever in the next.

—Amen.