**A Simple Touch**

Have you ever wanted something for many, many years; and years later you are still left wanting? Perhaps you wanted help with achieving your career dreams, for God to fix your broken marriage, for healing from a physical or mental illness, to find a spouse, to let go of the past hurt, to heal from childhood trauma, the list goes on.

You probably sought help from life coaches, institutions, therapists, doctors, maybe even dating apps, evangelists, and down to the bible, yet still: no healing has come, you and your spouse are still unhappy, you still struggle with anxiety and depression, you're still wrestling with looking at pornography, you still dislike your job, or still feel lonely. It has been years; what is left for you to do?

On the one hand, you know that you can't continue to live like this; on the other hand, you feel hopeless because you have tried everything – things are not just the same but worse – you are still bleeding.

**Hope Deferred:**

In Mark 5:25-34, there is a woman who might understand how you are feeling:

**25**And a woman was there who had been subject to bleeding for twelve years. **26**She had suffered a great deal under the care of many doctors and had spent all she had, yet instead of getting better, she grew worse. **27**When she heard about Jesus, she came up behind him in the crowd and touched his cloak, **28**because she thought, “If I just touch his clothes, I will be healed.” **29**Immediately her bleeding stopped, and she felt in her body that she was freed from her suffering. **30**At once Jesus realized that power had gone out from him. He turned around in the crowd and asked, “Who touched my clothes?” **31**“You see the people crowding against you,” his disciples answered, “and yet you can ask, ‘Who touched me?’” **32**But Jesus kept looking around to see who had done it. **33**Then the woman, knowing what had happened to her, came, and fell at his feet and, trembling with fear, told him the whole truth. **34**He said to her, “Daughter, your faith has healed you. Go in peace and be freed from your suffering.”

Many of us might not feel like we relate to this woman because we aren’t overtly subject to physical bleeding, but the pain we feel in our hearts when our hope is deferred (Proverbs 13:12), can cause our hearts to bleed for years, leaving us feeling sick.

**The Touch:**

The length of time this woman suffered, including everything that she tried but failed, could have left her feeling hopeless. Yet, when she heard about Jesus, her faith kept her moving forward to be healed by Him through a simple touch. Sometimes we think that for Jesus to hear us we must come to him with elaborate prayers, fasts, bible study, and even evangelism. This woman shows us our approach must simply be faith in Jesus’ ability. Approaching Jesus’ in faith, we trust that he notices us, hears us, cares for us, and will respond to us.

**Daughter: Seen Amidst the Crowd**

I believe that Jesus called this woman "daughter" to acknowledge that she belonged to him despite her long suffering. See when we suffer for a long time, we can often find ourselves wondering if God sees us or if he even cares for us. We are also susceptible to these thoughts when people around us get their hopes and dreams fulfilled, and we remain in the wait. However, Jesus calls this woman daughter and speaks to the part of her heart that might have left her feeling unseen and unloved.

Finally, Jesus noticed this woman’s faith amidst a crowd. Surrounded, Jesus felt power leaving him. With all that is going on in the world: global hunger, pandemics, and wars, it is easy to feel that Jesus has a crowd around him. You might feel like your problems are insignificant in comparison to all that Jesus might be dealing with. I wonder if this woman, determined to be healed, saw Jesus' love for the crowd and simultaneously knew that Jesus also loved her personally.

Like the women who has been bleeding for 12 years, as we wait on the Lord, let's be women who choose to move forward to approach Jesus with *a simple touch*, trusting that he notices it, desires to and, can heal our own bleeding.