

CUPPED HANDS

by Timothy Cross

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. The kids at school picked on him because his ears stuck out, and he came from a poorer family who couldn't afford the latest designer clothes. In short, this little guy had a tough life. 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 holding 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 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 hands of God. 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 onto the adolescent unit, this little boy came running up to me, and he was 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, etc. 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? Will you come to the One Who loves you and died for you?

Are you willing to place, not only your problems into God's hands, but even more importantly, are you willing to place your very life into the hands of God?

If you have never committed your life to Jesus Christ, or 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.”

—May His peace be yours!