

# PHYSICAL TOUCH



## WARM UP

If you know people to whom physical touch is their primary love language, you will need to note the kind of touch they appreciate.

## BACKGROUND

Some of your mates will appreciate a slap on the back, or a handshake, or an arm around the shoulders in tough times to show you care. Crises are times when physical touch can be a great reassurance.

Hugs or positive touches are especially important to children as it helps them feel secure. Touch can be included in a variety of ways - sons for instance can enjoy rumbles or a game of basketball.

If you are married and your spouse appreciates physical touch, take the opportunity to touch them in non-sexual ways to show that you value who they are.

If you extend your hand to someone to shake hands and they don't respond, then immediately you feel rejection. If a friend's love language is touch and you withdraw that touch, it is perceived as rejection. Be aware that sometimes your lack of touch can be interpreted as a lack of love by those who have this as their primary love language.

In *The Five Love Languages* Dr Chapman says, "In marriage, the touch of love may take many forms. Since touch receptors are located throughout the body, loving touching your spouse almost anywhere can be an expression of love. That does not mean that all touches are created equal. Some will bring more pleasure to your spouse than others. They know best what they perceive as a loving touch. Don't insist on touching them in your way and in your time. Learn to speak their dialect."

## READ Matthew 8:5, 13; Matthew 14:36



## QUESTIONS

1. In these scriptures what was the effect of Jesus' touch? What happened to those who touched

Him?

2. What can we communicate through our touch?

3. How could you touch in a way that shows love, but is not always sexual if you are married?

4. Touch is a legitimate way of showing love. How do we cope with touch that we may not want or is a temptation for us?

## CONSIDER THIS

Sir Walter Scott had difficulty with the idea of "turning the other cheek". But Jesus' words took on special meaning one day when Scott threw a rock at a stray dog to chase it away. He hit the animal and broke its leg. Instead of running off, the dog limped over to him and licked his hand. Sir Walter never forgot that touching response. He said, "That dog preached the Sermon on the Mount to me as few ministers have ever presented it". Scott said he had not found human beings so ready to forgive their enemies. The dog touched the one who wounded him, and relationship was restored.

## WRAP UP

A Japanese magazine has a picture of a butterfly on one of its pages. Its colour is a dull gray until warmed by someone's hand. The touch of a hand causes the special inks in the printing to react, and the dull gray is transformed into a flashing rainbow of colour.



## IT'S TIME FOR PRAYER

### MY RESPONSE AS A PROMISE KEEPER

I will pray about how I can touch others in a humble way that could be a bridge to our relationship.

