

## Sermon Questions: Tender Touch

Mark 1:40-42

Mark 10:13-16

1. Scientific research strongly supports the idea that hugs are good for you. Both giving and receiving hugs can help reduce stress, boost immunity, help alleviate pain, and release positive hormones that make a person feel happier. How often do you give or receive hugs? What are some reasons why people are uncomfortable with hugs?
2. Pastor Mark points out that while physical touch is an important skill we can use to love others well, it must be used carefully and cautiously today. One reason is the concern about Covid 19. How has the pandemic changed your use of physical touch?
3. Another danger of physical touch is that it can send the wrong message to someone at the office or in a professional setting. Some people get very uncomfortable when someone puts a hand on their shoulder or puts an arm around them, or just gets too close physically. How can we avoid these awkward situations?
4. Read Mark 10:13-16. Why do you think Jesus used physical touch to express God's love to children? Why is it important for parents to express love to their children through physical touch?
5. Why is it important for a husband and wife to express their love for each other through non-sexual physical touch? Why is it helpful for children to see their parents hugging and holding hands?
6. Pastor Mark suggests that romantic physical touch can be a beautiful gift from God, but sexual intimacy should be experienced in the context of monogamous marriage. Why do you think this idea seems so outdated today?
7. Read Mark 1:40-42. Notice how Jesus used physical touch as part of his healing ministry. How can physical touch bring comfort and even healing support to others?
8. Mother Theresa developed a reputation for using tender touch as part of her ministry among the poor and dying in Calcutta. She once said, "Let us touch the dying, the poor, the lonely and the unwanted according to the graces we have received. And let us not be ashamed or slow to do the humble work." Why is it important to demonstrate tender touch with those who are often considered "untouchable"?