

April 6, 2021

Ps. 103:6, "*The LORD works righteousness and justice for all the oppressed.*"

Another one of the beautiful characteristics of the LORD is His love and compassion for those who are oppressed. The Hebrew word for *oppressed* is **ashukim** which means *crushed, defrauded, heavy laden, weary or robbed*.

Jesus used the same idea in **Mt. 11:28**, "*Come to Me, all you who are weary and burdened, and I will give you rest.*" Not only does the LORD have compassion upon those who are struggling but He also does something about it. He comes to you with His loving arms and holds you in the middle of His embrace. Have you had a Holy Hug lately? We all need that.

I grew up in a hugging family. There is a spiritual healing in a holy hug. It not only brings refreshing and acceptance, it also lets you know that you are very special. In a day and time where "social distancing" is the norm, we have lost the healing effect of touch and I believe we are seeing the ramifications of this upon people. I believe that our LORD loves us so much that He desires for us to know that and He shows that in so many ways.

When you are hurting, call out to Him. When you are sad or lonely, cry out to Him. When you need His special touch in your life, lift your hands up to Him. He sees you. He hears you. He knows you and what you need right now. **Jer. 33:3**, "*Call to Me and I will answer you and tell you great and unsearchable things you do not know.*"

Dear LORD, You are such a loving Father and You desire to watch over Your children. When we are hurting, You are there. When we are crushed, You will bring healing. When we are heavy laden, You will give us rest. We thank You LORD. In Jesus Name, Amen