



Hands, Hands, Hands

When we get up in the morning, usually the first thing we do is wash our face and hands. We use our hands to get cleaned up and dressed for the day. We wash our hands many times during the day. Usually, women are not too embarrassed by their hands. Oh, perhaps they are a bit too large, or have a few too many hairs on the knuckles; perhaps the nails are too wide. But, all in all, you can dress up your hands and take them out! We use a variety of nail polish colours, we get fancy manicures, we use lotions, and we wear rings, bracelets, and fancy gloves. We take wedding pictures featuring our hands with the new rings on them. We extend our hands to people in a handshake. Sometimes, if we have a new ring, we may even subtly flash our hand around. Yes, hands are okay, to be seen in public.

Let's backtrack. At three to four months of age babies discover their hands. I remember looking at my babies with amusement and amazement when they would put up their little hands, look at them, turn them, and look at them again and again, and amuse themselves for a long time just looking at their hands. The looks on their little faces seemed to say, "What are these? Are they really mine? I wonder what they can do?" It is with this amazement that I want us to look at our hands today.

Hands are an amazing part of our anatomy. It is impossible to look at a part of our body without going right back to the beginning and to our Creator.

Look up Genesis 2:7 How did God specifically make man? Focus on "formed."

Read Genesis 2:15. What did God give Adam to do shortly after creation? Would hands be needed for this job, and what would they do? Would God have given Adam this job if he were not physically "equipped" to do it?

How did God construct our hands?

The human hand consists of 27 bones – eight carpal bones make up the wrist, five metacarpals make up the bones of the palms, and 14 phalanges make up the fingers and thumbs.

The hand is controlled by 35 powerful muscles, 15 of which are in the forearms rather than in the hands. With this type of arrangement, the hands are very strong, yet the fingers are not so thick with muscles that they have difficulty moving. Near the wrist, the muscles become strong cords, called tendons. The fingers close when the brain tells the muscles on the palm side of the forearm to contract. The fingers open when the muscles on the dorsal, or back, of the hand contract. Twenty muscles in the hand itself are carefully arranged to allow precise movement of the hands and fingers.

A unique feature of human hands is "opposable thumbs," or thumbs that can be moved against the fingers. This ability makes it possible to grasp objects, and make many delicate motions. Try to pick up an object by keeping your thumb straight and motionless beside your fingers.

There are at least four types of sensitive nerve endings in our hands that make the fingers and thumbs highly sensitive to touch.

God in His wisdom and in His love created our hands in such a way that they could be used in so many different ways.

Let's look at some ways positive ways hands can be used.

- 1 Thessalonians 4:11
- Proverbs 31:13 & 20
- Acts 9:36-39
- Acts 6:6
- Exodus 17:11
- Can you think of other Biblical examples?

Let's look at ourselves.

- What do you do with your hands (job, occupation, etc.)?
- What do you enjoy doing with your hands (not job-related)?
- Hands are an important means of communication. Expound on this.
- God created our bodies and He said, "It is very good" (Genesis 1:31). Why then do we have babies born with crippled hands? Or no hands at all? Why are some hands paralyzed, or gnarled with rheumatoid arthritis? Why are some hands picked raw, from the ravaging pruritis (itching) of eczema or psoriasis? Why are hands destroyed by Hansen's Disease (leprosy)?
- What is the cause of this? Read Genesis 3:17-19 & Romans 8:20-21.

What are some negative ways that hands can be used?

- Genesis 27:22-23
- Acts 7:57-58
- Proverbs 10:4 & 21:25
- Can you think of other Biblical examples?
- The daily newspapers or television give us too many examples of the destructive things that hands are capable of doing. List some examples.
- Think about your own life. Were there times that you have not used your hands wisely?

Hands of Hope

Despite the many failures of our hands, God has not left us without hope. Isaiah 49:15-16

He sent Jesus, His only Son to suffer in our place that our sins would be forgiven and we would have a fresh start and a new beginning. Read Psalm 22:16, to see what Jesus suffered for us.

To be forgiven of our sins and have our guilt taken away gives us renewed energy, and makes us zealous to use our hands in positive ways, out of gratitude for what Jesus has done for us.

What does God want us to do with our hands?

- 1 Timothy 2:8
 - Psalm 47:1
 - Matthew 25:40
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We are never alone.

As we go through life serving our Saviour, we realize that everything we are and have belongs to our Lord, and He is with us throughout all the days of our lives. All the events and circumstances of life are in the hands of the Lord. Psalm 31:15a.

May we trust our Lord, with our hands and our whole being.

Close with singing "Take my Life and Let it Be" especially verses 1, 2, 5, 6.

