

After performing a miracle on the sabbath to heal the man with the withered hand, Jesus took time to pray. In the Old Testament, time and time again, Moses would ascend a mountain to encounter God in prayer. Jesus now similarly goes up the mountain to pray. Jesus regularly spends the night in deep prayer, speaking with his Father and the Spirit. “His choice of the Twelve is thus the fruit of prayer and also serves as a lesson for Christians making important decisions.”¹

When Jesus comes down from the mountain “everyone in the crowd sought to touch him because power came forth from him and healed them all” (LK 6:19). When we draw a picture of the sun, we often show it with rays of light that emanate from the edges of the circle. Thinking of Jesus in this same way, each sacrament is a manifestation of Christ who reaches out to touch and heal us:

- In Baptism, we are adopted into the holy family and receive healing through the forgiveness of sin.
- “Confirmation ... is the sacrament which gives the Holy Spirit in order to root us more deeply in the divine filiation, incorporate us more firmly into Christ, strengthen our bond with the Church, associate us more closely with her mission, and help us bear witness to the Christian faith in words accompanied by deeds” (CCC 1316).
- In the Eucharist, Jesus feeds us with his Body and Blood. The Eucharist is the Medicine of Immortality. Jesus wants to help us be holy people and he feeds us to strengthen us that we may carry on his mission.
- In the Sacrament of Penance, we seek healing from Christ as we confess our sins to a priest.
- “By the sacred anointing of the sick and the prayer of the priests the whole Church commends those who are ill to the suffering and glorified Lord, that he may raise them up and save them” (CCC 1499).
- In the Sacrament of Matrimony, Bride and Groom unite their love with the love of Christ who offered himself on the cross for the healing of humanity. “It is by following Christ, renouncing themselves, and taking up their crosses that spouses will be able to ‘receive’ the original meaning of marriage and live it with the help of Christ” (CCC 1615).
- “Holy Orders is the sacrament through which the mission entrusted by Christ to his apostles continues to be exercised in the Church until the end of time” (CCC 1536). Saint Augustine teaches that each person called to Holy Orders is human and sinful, and yet the light of Christ still shines through the man despite his imperfections. “The spiritual power of the sacrament is indeed comparable to light: those to be enlightened receive it in its purity, and if it should pass through defiled beings, it is not itself defiled” (CCC 1584).

2,000 years ago, people lived in a privileged time because they could reach out and touch Jesus physically. We too live in a privileged time. Jesus continues to reach out to us and heal us every infirmity. “My sheep hear my voice; I know them, and they follow me. I give them eternal life, and they shall never perish” (John 10:27-28).

¹Gadenz, Pablo T.. The Gospel of Luke (Catholic Commentary on Sacred Scripture) (pp. 126-127).