

WASHING HANDS

We've been reminded to wash our hands, Father.

Ubiquitous messages tell us
That clean hands
Are essential to health and well-being;
That clean hands
Can help to maintain a clean body,
Free from this virus and other infections;
Keeping sickness from our bodies—
One part of the body
Influencing the health of the whole.

You taught us that, Father—
That a clean heart can keep the whole body clean.
I can wash my hands,
But only you can wash my heart.
So 'Create in me a new, clean heart, O God,
Filled with clean thoughts and right desires.' (Psalm 51:10,
TLB)

*So let us come near to God with a sincere heart and a sure
faith, with hearts that have been purified from a guilty
conscience and with bodies washed with clean water.
(Hebrews 10: 22, GNT)*