DAY 6

Healing Hands:
Creating an Environment Where All Feel Safe

Take a moment

Return to the Scripture, the homily and the reflection. What word, phrase or image has stayed with you?

Use the questions below to journal privately or reflect with others. There is no need to answer every question, and no one should feel under pressure to share personal experiences. Stay with what is helpful for you.

Reflect

1. **When you think of a Church or community where people feel safe, what comes to mind?**
   What helps people know that they are respected, protected and valued?

2. **The homily reminds us that the way we touch the lives of others can heal or harm.**
   What might a 'healing hand' look like in our words, choices and everyday actions?

3. **Jesus says, 'Come to me, all you who are weary and burdened.'**
   What do his gentleness and humility teach us about how we accompany people who carry pain?

4. **Listening is presented as an essential part of healing.**
   What does it mean to listen well - especially when another person's experience is difficult to hear?

5. **Scripture reminds us that we are God's temple and that God's Spirit dwells among us.**
   How might seeing every person as sacred shape the way we use power, set boundaries and care for those who are vulnerable?

6. **Healing also asks for responsibility and action, not simply good intentions.**
   What is one practical thing you or your community could do to help create a safer and more healing Church?

Spend a moment with this sentence:

To help create a Church where all feel safe, I can...

Write your response, share it with the group, or simply hold it in prayer.