



## A Heavenly Hug

By Lucy Wall

*My husband Jan and I were praying together one afternoon, specifically for brothers and sisters in Christ who we knew were going through major health and physical trials. As we lifted them up in prayer Jan said, "We ask that You would give them a Heavenly hug today Lord." This image instantly resonated with me and took root in my mind's eye.*

*Many times in life I've found myself asking Jesus to give people "a hug" on my behalf when distance prevents me from doing so myself. This had become even more prevalent during the long months of strict lockdowns throughout 2020 and 2021. Not being able to see loved ones and hold them in my arms for months on end was something I found very frustrating indeed. Especially when there was no clear end in sight for when we would be able to be together again.*

*Thankfully, lockdown restrictions and miles of land and sea don't inhibit the Holy Spirit and so I found myself asking our wonderful Saviour to wrap His arms around those I longed to hold and comfort in person. Whether they were friends and family or brethren I've never met in person before, I would often ask Jesus to bring their heart a wonderful sense of reassurance and a palpable peace that only an embrace from the Lord can bring.*

*Having been reminded of this by Jan's words, I felt it might be a lovely idea to put this prayer into poetry form so that myself and others can send it across the miles to our brethren. I pray it can encourage those we love and remind them that wherever they are, when we have Jesus we're never alone. We always have our faithful Father by our side, able to embrace us more closely than any human ever could. May these words help many feel the warmth and reassurance of a Heavenly hug today!*

Dearest one, I'm sending you a Heavenly hug today.  
Oh how I wish that I were close and not so far away!  
Although the miles between us are keeping us apart,  
I pray you feel uplifted as I hold you in my heart.

I ask the Holy Spirit now to grant me His assistance  
And give to you the warm embrace I send across the distance.  
May you feel His mighty arms envelop you with love,  
A cuddle straight from Heaven as He holds you from above.

I pray your soul is comforted and strengthened from within,  
May your thoughts be filled with peace as you draw close to Him.  
God's presence knows no boundaries, He covers every mile  
And so as Christ enfolds you may He bring your heart a smile.

Dearest one, oh how I truly wish that I was there  
But know that Heaven hears me as I lift you up in prayer.  
This thought is reassuring and encouraging to me.  
You're in the arms of Jesus! There's no better place to be.



**Isaiah 41:10**

*“Fear not, for I am with you;  
Be not dismayed, for I am your God.  
I will strengthen you,  
Yes, I will help you,  
I will uphold you with My righteous right hand.”*

**Psalm 73:23**

*“Nevertheless I am continually with You;  
You hold me by my right hand.”*

**Romans 8:38-39**

*“For I am persuaded that neither death nor life, nor  
angels nor principalities nor powers, nor things present  
nor things to come, nor height nor depth, nor any other  
created thing, shall be able to separate us from the love  
of God which is in Christ Jesus our Lord.”*

**Isaiah 46:4**

*“Even to your old age, I am He,  
And even to grey hairs I will carry you!  
I have made, and I will bear;  
Even I will carry, and will deliver you.”*

**Psalm 61:1-4**

*“Hear my cry, O God;  
Attend to my prayer.  
From the end of the earth I will cry to You,  
When my heart is overwhelmed;  
Lead me to the rock that is higher than I.  
For You have been a shelter for me,  
A strong tower from the enemy.  
I will abide in Your tabernacle forever;  
I will trust in the shelter of Your wings.”*