

# Crystalene Reyes

# Touch to Restart

# 04:00

DAILY AFFIRMATION

16:00



I am worthy of love, respect, and all the good things that life has to offer.

# Crystalene Reyes

**Touch to Restart**

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# A Mini Ebook

**Not intended for sale**

*And he said to them, "Go into all the world, and preach the gospel to all creation."*

**Mark 16:15**

# Touch to Restart

A couple months ago, I woke up for my regular meeting with my prayer partner. Now, we have been doing our prayer mornings for years at these hours but some mornings were just harder than some but yet we persisted. After all, this is time spent with our Father! This particular morning, I woke up, trotted to my prayer corner and sat down awaiting the regular message that would precede our session: the exchange of our prayer list. This was usually done via WhatsApp but this particular morning, much like my own body, my phone appeared to be operating on the lethargic side. Many apps appeared to be open at the same time and I kept opening more and more trying to determine why my phone simply couldn't do what I wanted it to do. I opened my settings to see if WhatsApp was frozen. I tried checking my Wi-Fi connection to detect the speed of the connection. I opened the data setting. I even pulled down the top to check to see if the phone had somehow slipped into airplane mode.

Despite all that I did however, more of nothing seemed to be happening. As a result of the immensity of the strain on the phone's memory, several of my phone's apps appeared to be doing something, trying to communicate, trying to update, trying to open but yet nothing happened. The phone's battery was operating at

its maximum yet nothing was actually happening.... and in the meanwhile, I was prohibited from accessing the awaited prayer list, which kept me back from making the call to my partner so that our session could actually begin. My frustration began to mount... then it hit me... I pressed the power button on the phone in a desperate attempt to stop everything from unsuccessfully trying to do something. Then came the message... touch to restart. Touch to restart! Have you ever needed to touch to restart?

Allow me to reference the following scripture for a moment:

**Mark 5: 25-34 (NKJV)**

*25 Now a certain woman had a flow of blood for twelve years, 26 and had suffered many things from many physicians. She had spent all that she had and was no better, but rather grew worse. 27 When she heard about Jesus, she came behind Him in the crowd and touched His garment. 28 For she said, "If only I may touch His clothes, I shall be made well."*

*29 Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction. 30 And Jesus, immediately knowing in Himself that power had gone out of Him, turned around in the crowd and said, "Who touched My clothes?"*

*31 But His disciples said to Him, "You see the multitude thronging You, and You say, 'Who touched Me?'"*

*32 And He looked around to see her who had done this thing. 33 But the woman, fearing and trembling, knowing what had*

*happened to her, came and fell down before Him and told Him the whole truth. 34 And He said to her, "Daughter, your faith has made you well. Go in peace, and be healed of your affliction."*

As stated, this particular passage of scripture was taken from the book of Mark. However, in three of the four Gospels, there is an exposition of this unnamed woman who suffered an issue of blood. Now this woman had been suffering for twelve years with this issue and her story falls smack in the middle of a larger story. Jesus is on his way to a synagogue leader, Jairus', house to tend to Jairus' sick daughter at Jairus' request. Jairus is anxious for a touch from the Healer to aid his ailing daughter. The Bible says as this is happening, out of nowhere comes this woman who had suffered many things. She had used up all of her resources in her attempt to become whole again, yet the more she invested, the more she tried, the more she put in, the more hopeless the situation looked.

Now, I beseech you to take a moment to understand this lady's predicament. In those days, for a woman to bleed as in hemorrhaging or for blood flow to be on the outside of the body, was seen to be unclean. Her very presence in a large crowd was something that was frowned upon in this society. This sort of uncleanness was met with the disdain of isolation from one's community. Her normal existence would often have been spent watching people avoiding the possibility of contact with her. Her life was a continual existence of pain and rejection. She was alone, not allowed to socialize, couldn't even



experience the comfort of the company or reassuring hug of a family member or friend, no friendly gestures whatsoever... and added to that, she had used up all of her resources. Her budget became tight because she had spent all that she had trying to solve her situation, and I'm sure that we ladies can relate to how we feel after experiencing this bloody dilemma for just a few days a month, far more so, we can only imagine how she would have felt having to deal with this for twelve whole years! She was drained!

This woman was all out of options and it is like she is acting out in one last ditch effort. In her desperation, in a final desperate attempt to become functional once again, she pushed her way to Jesus, believing that if only she could get a touch, just one touch, she would experience the healing that she so desired. She needed to touch to restart. You see, much like the lethargy of my phone, this lady was doing so much that she was actually doing nothing. What is even worse is that just like my phone prevented me from my meeting with my Father, her situation prevented her from LIVING! Imagine that if a cellular phone, made by man, knows to spring to life when I follow the instruction, touch to restart, imagine what it does to us when we His Creation, go to our own Creator, our Source, for a touch to restart. It is much like hitting a reset button... Factory reset, dare I say?

### **Have you ever been stuck?**

This woman experienced the freedom of the Master as she allowed His Touch to restart her life. As she

became powered by this transformational touch, her life was restarted again. What is amazing is that this act of touch restores her to new life even as those around her lacked understanding and regard. Instead of shunning her however, Jesus responds with peace, acceptance and grace. He responds to her with understanding. He calls her 'daughter', and heals her pain and her affliction, at this very touch! The passage says that, 'Immediately the fountain of her blood was dried up, and she felt in her body that she was healed of the affliction', and Jesus who had felt the power go out of Him, turned to enquire about who had touched Him. Upon the woman's confession of her belief that she needed to 'touch to restart', Jesus declared that it had been her faith that had made her whole.

All of us at some point need healing, much like this woman. We feel rejected at times, feel abandoned, need a merciful touch from God and often feel like we are at our wit's end. Sometimes, most times, all the time, all we need is that touch to restart... to receive that functionality, that clarity, that wholeness. This intimacy of touch from our Father can give us that peace that we need in our situation. It will make us human and whole again. Let's remember that the next time we feel backed into a corner. It may very well be that we are doing too much, we have too many 'apps' open. Our power is drawing down and we are becoming less rather than more functional. Reach out and touch the robe of Jesus today, asking Him for the grace that we know is sufficient to do all things. Jesus is the only One that can meet us exactly where we are and we must

know that we are in His Hands. I promise that He will give you the wisdom, strength and courage that you need because He has promised in His Word in Deuteronomy 33:25 that, 'As thy day is so shall thy strength be'. Rather than 'fight up' about it, why not just reach out to our Father and receive that 'touch to restart'!

## About the Author



Crystalene Reyes is a devoted Christian, wife, and mother of five—three biological and two bonus children whom God blessed her with through the sanctity of marriage. Her love for the Lord began at a young age when her grandmother took her to church, igniting a faith that, though tested, has remained steadfast. She holds a Diploma in Theology, a Bachelor of Education, and a Bachelor of Arts in Business Administration. As a teacher and entrepreneur, Crystalene is the co-owner and founder of Divinely Guided Learning (CS Reyes Learning) in Trinidad and the founder of Divinely Guided Books, an online Christian platform offering both paid and free content to help others grow in their faith. Her passion for God's Word drives her to share its truth with those willing to listen. She is the visionary behind the Through God's Voice series, which intertwines Biblical scripture with life lessons and self-development principles. Her ultimate

mission is to positively impact lives and be the salt of the earth, just as God intended.