

Jesus Heals

A painting by Kendra Parrish Burton

"Come unto me all ye that labour, and are heavy laden and I will give you rest." Matt 11 : 28

One night, a few years after our nine year old daughter passed away, her sister came to me who was going through a difficult time. I asked her to lie down and rest while I told her about an image that came to my mind:

Sometimes, our lives get to a point where we have so many burdens weighing us down. It feels as though we are each carrying a huge load of many dark and heavy rocks that represent all of our trials and concerns. Our lives feel so encumbered that it is difficult to see ourselves being free of these burdens that are continually pulling us down. Some may even feel that their world is without hope.

I continued explaining a visual image she could view in her imagination:

Picture yourself in a beautiful peaceful place. As you look around, you see that the Savior is walking toward you. He sees you with your heavy stones in your arms and for the first time in your life, you realize that the Savior is someone who has complete understanding and compassion for you. His hands reach toward you and you comprehend that He wants you to place your burdens in His hands. So one by one you take the dark rocks and hand them to Him. As they touch His hands they dissolve and disappear. He reassures you that they will be remembered no more. Your burdens are gone and you are free from all the weight of the world. HE HEALS YOU.

You feel renewed and full of light. Your heart is filled with love for Him and also for yourself, a love you've never known before. His kind eyes and gentle smile reassure you of His love for you and His outstretched hands give you the gift of hope and peace of mind. As you receive these gifts you know that His true desire is for your life to be enriched and filled with Joy.

Several years after this experience I decided to paint this image on a six foot tall canvas with Christ holding His cupped hands toward the viewer to receive their burdens. He is dressed in white to represent purity as all of our cares are washed clean in Him. His eyes are painted to reflect every eye color in the world. The sea and blue sky represent peace, both in our world and in our minds. The sunlight reflected by His robe relates warmth and caring as we are encircled in His love. One woman stood before the nearly life sized painting and explained, "He reaches to me and He also reaches through me." May we each find peace in our lives and joy in knowing that JESUS HEALS.