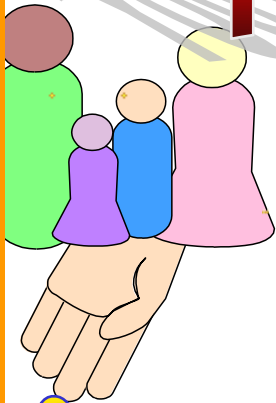


"YOU ARE INSCRIBED



ON THE PALM OF MY HAND"

**BY: Very Rev. Fr. Tadros El-Bakhoumi.**

*St. Mary, St. Bakhomios and St. Shenouda Church, Kirrawee*

## PREFACE

Many years in life and in serving our God and Saviour Jesus Christ; hardly a day passes without hearing a sigh, cry or a complaint about different difficulties in people's lives. Especially in the latest days, we are living in an age in which sufferings and pains of people are multiplying in different situations, also the problems are exceedingly increasing and different matters in peoples lives are becoming more complicated. As a result of all this, the majority of different ages; from very young to very old are crying from the pressures, problems and hard times which surrounds and pressures them. Some of them cry to God and some cry to their brothers and sisters, relatives and friends, while some others winge and complain and others react in different ways, each according to his/her abilities and status.

In the environment of the Church and the believers, over the many years of service among people, a question has always been; "Where is God from all these problems?", "Why doesn't He help me/us? "Why does God leave me/us in this trouble and affliction?" "Why doesn't God do something about it and where are His love and many promises that His Eye is always upon us, never abandons nor neglect us?". Others start to feel troubled inwardly and question "What did I do wrong that God does this to me?"

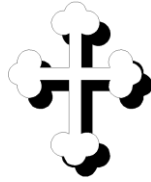
This was the main reason for this booklet between your hands. It was a topic given in the youth meeting of St. Mary, St. Bakhomios and St. Shenouda Church, Kirrawee according to the request of many youth. This was on Friday . I saw that it would be more beneficent to issue it out as a booklet to be a help for those who suffer in this life. In this booklet I will try to explain the verse "I have inscribed you on My Palm" in a practical way, based on different situations of people's lives. What I have put here is the outcome of long years in service, monastic life and priesthood dealing with many people from different nationalities in different stages of life. I tried briefly and in a simple way to answer many of the questions that arise in the minds of many in hard times, when they face trouble or an affliction.

I leave this humble effort in the Hand of our loving and caring God to use it for the comfort of the souls who need His full peace which trespass all understanding.

Our Merciful, Compassionate and loving God fills the life of all with joy, peace and comfort to whom befits all glory, dominion and kneeling now and always and up to the age of all ages  
Amen.

Very Rev. Fr. Tadros El-Bakhoumi  
20 Abeebe 1722 Martyrs

27<sup>th</sup> July 2006; the martyrdom of the Struggler St. Tadros El-Shatby (Pistratilatis)



**IN THE NAME OF THE FATHER, THE SON AND THE HOLY SPIRIT ONE GOD AMEN!**

**YOU ARE INSCRIBED ON THE PALM OF MY HAND**

*From the book of Isaiah (49:13-16)*



*Isaiah*

**“Praise O Heavens, be joyful O earth and break out in chanting O mountains, for the Lord has comforted His people and will have mercy on His afflicted. But Zion said, “The Lord has forsaken me and my Master has forgotten me”. Can a woman forget her nursing child and not have compassion on the son of her womb? Surely they may forget, yet I will not forget you. Behold I have inscribed you on the palm of My Hand, Your life is continually before me”.**

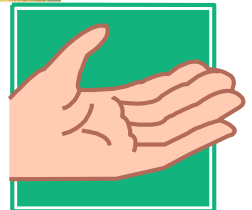
**Glory be to The Holy Trinity our God forever Amen.**

*(Note: These verses are translated according to the Coptic origin, you might find them different from the new King James translation you have)*



**INTRODUCTION**

The understanding of this comforting verse from the Lord towards everyone of us - **“I Have Inscribed You on the Palm of my hand”**, is very deep and full of meanings. I will try in this little booklet to highlight some understandings to draw a frame surrounding the depths of this verse with some examples from the Holy Bible and History of the Church.



You notice in verse 14 the Lord says, “But Zion says the Lord has forsaken me and my Master has forgotten me” and then the Lord is answering back in verse 15, “Can a woman forget her nursing child? Or not have compassion on the son of her womb”? Which hardly happens but it may happen. Yet even if a woman forgets her nursing infant child, “Yet I will not forget you”, says the Lord. “I have inscribed you on the palm of my Hand”.

I think you all agree with me that we all many times go through stages where we feel the Lord has really forgotten us; we’re stuck in a corner, suffering, things get wrong or problems happening around us. Sometimes disasters, troubles or wrong things come at a certain time, without giving you a break or space to breath (just one after one, one after one) and you stand in the middle of it,

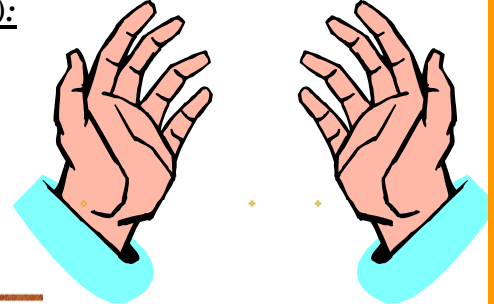
receiving hits from everywhere and you say, “Lord where are you? Where are Your promises? Have you forgotten me?”

This reminds me of the Psalm that David wrote which we pray in the Morning Prayer, “Lord till when you keep forgetting me or forget me”? Sometimes David himself felt the same thing. I would like to assure you that it never happens that the Lord forgets any one of us.

*I’ll discuss it in 5 understandings (5 sections):*

**SECTION ONE:**

**WHAT AND HOW??**



**A. WHAT DOES IT MEAN “I HAVE INSCRIBED YOU ON THE PALM OF MY HAND”?**

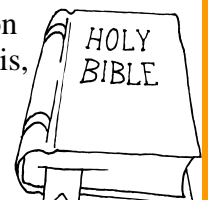
In your daily life, in anything you do, always your hands are in front of your eyes. You are walking, riding, doing things, reading, anything; you find your palm, 99% of the time come in front of your eye. I’m sure you will never imagine that the Lord has got a body like us or hands and is writing us on the palm of His Hand (then how can He write all the names of mankind over all generations?) It is just a sort of metonymy or symbolism; as the Lord our God is Spirit and has no body. The Lord always uses nature to get His message to the minds of people.



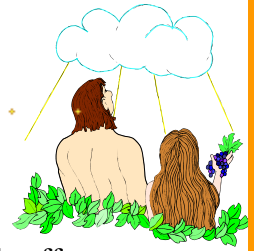
So He is reminding us, “If you look to yourself, you will find you are always seeing the palm of your hand for the majority of things you do”. So as if God is telling you, “My eyes are upon you, I see you, I see you continuously in every moment of your life, seeing everything you do, where you are, how you are, what you are doing and I am with you. If you don’t feel Me with you, it doesn’t mean that I left you at all”. There are many other understandings which we will see to tell that no matter where I go or in any place, under any circumstances, that the Lord is surely there. David expressed it in Psalm (139:7-10) saying; “Where can I go from Your Spirit and from Your Face, where can I escape? If I ascend to the Heavens, You are there, if I make a place for me in hades, You are there, If I take for me two wings and fly to the uttermost parts of the sea, You are also there; Your Hand guides me and Your Right hand holds me”. We use this in the prayers of funerals to remind people that this beloved one of you who died, even if he died, he did not die, but just moved from place to place but is still and always alive with the Lord. What does this mean? That in all your life, in the body or outside the body, God is always seeing you.

**B. HOW CAN I KNOW THAT I AM INSCRIBED ON THE LORD’S PALM?**

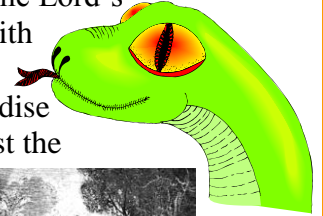
If you really want to feel that you are inscribed on the palm of His Hand, you have to do some homework for yourself. You have to start to practice the life of trust in the Lord and rely on Him. Be confident that He is really with you and His promises are true. To understand this, we have to have a sort of a quick tour in the Bible:



### 1. ADAM AND EVE



Since the beginning of mankind on earth, (Adam and Eve); when they had been with our Lord daily in the garden of Eden "Earthly Paradise"; they had been comforted and happy. When they started to use their own brains and understanding, they suffered and made us all suffer with them. In the Paradise, Adam and Eve were with God daily and were so happy and peaceful. Just they started to use their brains to accept dialogue with the devil through the serpent and say, "O yes! my eyes will be open if I eat, I will do this, I will know this, ah why not try?". This very important thing, that I always need to try things, which we know is not according to the Lord's pleasure but just we accept this trial, be sure you will loose the feeling that you are with God. So since Adam and Eve started to try to do something against what the Lord said, (as you all know the story in the book of Genesis), they were kicked out of Paradise and that is why we all are on this earth suffering after them and here for sure, they lost the beautiful time they used to spend in the presence of the Lord in the garden as it says in Genesis that the Lord God used to speak with them everyday.



So here we can say that in the garden, Adam and Eve were inscribed on the palm of God; by their disobedience and falling in sin, they lost this.

#### Rule One:

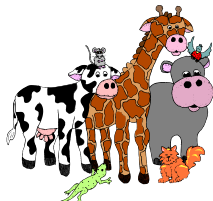
*To make yourself Inscribed on Gods' Palm, make sure to keep yourself always in the presence of God.*

### 2. NOAH



Another human being, six generations after Adam – 'Noah'.

All the animals in Paradise with Adam were fully submitting to Adam and peaceful. There was no violence either between animals or humans. Just after the falling through disobedience and being kicked out of Paradise, there started to be what you call wild animals, killing, hitting and all these big lists of things in the world. So to come and tell one like Noah to build an ark and take your wife, children, their wives and all the wild animals in to stay with them for a full year, until the land dries again, will be absolutely out of logic. "How can I live with these wild animals in a locked place and be safe with my children? How can we all eat? Which kind of stores can we store food for a full year (for a couple of each different single animal and bird in the whole world?)". If you try to imagine it logically, it doesn't fit. It is exactly as if you are putting this whole universe inside an ark.



**STORY:**

This reminds me of a story that a Russian monk told me:

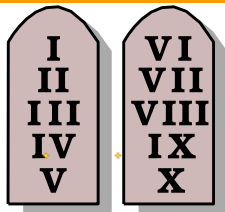
*He was a monk trying all his best to practice his monastic life, but the devil, the enemy of all good kept fighting him till he could fill his mind with doubtful thoughts to understand who is God and how can He be? This thought occupied his mind to the stage that one morning very early, he left the monastery and went to a quiet area on the sea shore walking up and down, using all his power of brains to find out "Who is God?". The merciful God, knowing his struggle in the early years had mercy on him and sent an angel like a little boy sitting on the shore with his little shuffle and bucket; made a little hole in the sand on the shore and kept filling the bucket from the sea, putting the water in the hole and soon the sand absorbs it down then goes back to the sea. The monk was going up and down all day, seeing the boy doing this but not giving any attention, being busy with his own thoughts. Sunset came and the boy was still there, so the monk said to him, "Wont you go back home before it gets dark?", the boy answered, "No I'm not going home unless I have all the waters of the sea in my little hole, because this hole is mine, I made it but the sea is not!". Then the monk said to him, "Are you crazy to put this huge sea in this little hole?". Then the boy said to him, "Are you crazy to put the understanding of the unlimited God in your little limited brains?" and the boy disappeared, so the monk understood that it was an angel sent to him by God to return him back to his sound mind and he returned to his place of worship, thanking the Lord.*

If we go back to Noah, what the Lord said to him to do will definitely seem out of logic to any human but with the faith Noah had, it is accepted so long as it came from the Mouth of God; here Noah trusted in the Lord more than his own thoughts and understanding. Here we say that Noah was sure that he is inscribed on the palm of God, so whatever God ordered him to do, he did it without any worry or anxiety, simply because he was inscribed on the palm of God. We know from the Bible that in the ark were 8 people (Noah, his wife, his 3 children and their wives) but in fact, there were nine in the ark. Noah and his family and God with them. God inside the ark, held the wild nature of animals and made all these different creatures live in peace, harmony and blessed the amount of food Noah could put in the ark to be enough for these massive living creatures to eat for a full year.



**Rule 2:**

***To be inscribed on the palm of God is to trust in what God says more than the trust in your logical thoughts.***



“YOU ARE INSCRIBED ON THE PALM OF MY HAND”

### 3. MOSES



Another example in the Bible. – Moses the Archprophet

✚ Moses was born at a time where every male child that was born from the Jewish or Hebrews should be killed. But his mother put him in a basket and said, “I’ll leave him in the care of God”. It is not easy for a mother with her own hands to put her own child in a basket and throw him in the river – but as she saw Moses inscribed on God’s palm, she could do it”. God spared him and he became son of Pharaoh’s daughter, waiting to be Pharaoh. Once he killed an Egyptian and he knew this will put him in trouble so he fled out and lived in the deserts. He knew that if he went back to Egypt, he would be killed. Then God appeared and said to him, “Go back to Egypt and talk to Pharaoh, tell him “let My people out”. With his logical understanding, “God who am I? I am just a single person and this is Pharaoh with all his army and chariots with everything, he will kill me”. God said, “Go, I have sent you go!”. At the end Moses went and the matter ended that Moses who was afraid of Pharaoh, God made him to be “A god for Pharaoh who orders him and Pharaoh used to beg Moses to forgive him”. *Many times the Lord sends us a message to go do something and I debate it and argue it in my mind a hundred times and it ends that I loose the blessing to do something for the Lord.*

#### Rule 3:

*If you want to be inscribed on the Palm of God, listen to God’s message through the Church and confession father channel on the spot, without debating or arguing.*



✚ Following what happened, the Lord said to Moses “Lead the people and walk towards the red sea”, which he did. Pharaoh came after them with his army. They became stuck between the sea and Pharaoh and his army. The people started rebelling against Moses in great anger. God said to Moses, “Don’t be troubled, extend your hand, put your rod on the sea. A land Will appear, walk on it, you and your people”. Which human logic will say that this big red sea will part and people will cross? (if you go to Egypt and see it, it’s a very deep mighty sea). But if you trust in God it will happen.

#### Rule 4:

*If you want to have the feelings of being inscribed on the palm of God, you have to firstly put in your mind to trust in the Lord, no matter what the conflict is between what the Lord says and what the logic mind and theories of science tell you to do.*

*Let us continue with Moses the Arch prophet:*

✠ When they came out of the sea, the first nation they met was Amalek - very mighty and giant people with all their army. "Fight them" said the Lord God to Moses. "How?" said Moses "We are just walking all this distance and we have nothing with us not even a single sword?". God said, "Moses you stand up and pray and let Joshua go with the men to fight Amalek". "Yes Lord", answered Moses. As long as Moses had his hands up, Joshua with his men and no weapons with them conquered and were defeating the mighty people of Amalek. The minute Moses gets tired and his hands go down, it starts to be reversed. So they got two people next to Moses to keep lifting his hands up to pray until Joshua finished the war. It had been said in this time that the war is the Lord's.

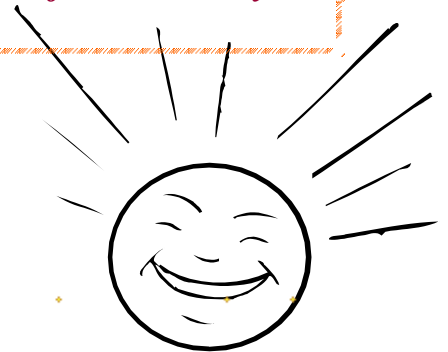


**Rule 5:**

***Where there is faith, trust and obedience to the Lord, there is no fear because you are inscribed on God's palm.***



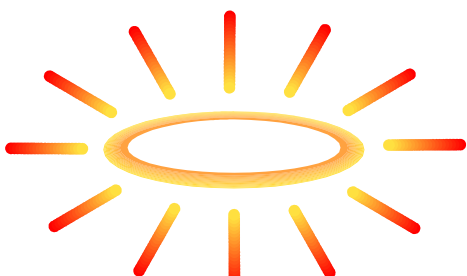
**4. JOSHUA**



The trust of your life that you'll put in the Lord should be an '**on the spot trust**' and also a trust with action in confidence, here we learn from Joshua - the disciple of Moses who took the leadership of the people of Israel after Moses the arch prophet reposed in the Lord. In one of the wars, it was against 5 kings with their 5 armies and Joshua prayed and the Lord said to him, "Proceed to fight them and do not be afraid". The Lord supported Joshua and Israel to overcome their enemies until it approached sunset. Joshua was definite sure that if he stayed overnight, the other 5 armies will get stronger and will reverse what is happening, so what did Joshua do? He said, "Lord; I ask You to extend the sun overnight until we finish the war (he prayed) and then he didn't wait, just he said it, he commanded the army to keep going. It happened that the sun did not set and stayed in it's place till the next day until he finished the war and they had victory over the 5 kings.

**Rule 6:**

***If you want to know that you are inscribed on His Palm, pray in faith. Be sure that the Lord will not let you down and go ahead in what you have to do.***





### 5. DAVID AND THE GIANT:

David was the youngest brother of many others in the days of the first king of Israel 'Saul'. The Philistines were troubling Israel and camped around Jerusalem with their army, having a giant warrior "Goliath" who used to stand every morning fully armed on the top of the mountain and reproach the people of Israel saying, "If there is a man among you, let him come and fight me and if he wins over me, you take over our country but if not, so we take over yours and where is this God of yours Whom you claim that He protects and fights for you?". This kept happening for 40 days until it occurred that David, the youngest was carrying some food to his brothers during the war and heard the blasphemies of Goliath. His spirit was provoked within him and being filled with the zeal of God went to the king and said, "Who will be this man that is blaspheming against the Lord our God? I will go and fight him". Saul could not believe that David could do it, but David insisted. David could not use the army suit that was given to him nor any of the weapons as he was not trained for them. So he left everything and went like this, just taking with him his sling and some little stones he picked from the ground. When Goliath saw him, he mocked him laughing, being a little boy and swore that he will make him food for the birds and animals. So David said, "You are coming to me with a sword and shield, but I'm coming to you with the power of the Lord of Hosts", it is important to note that he did not cancel what he should do. He still used his very simple way as a young boy, got the sling and a stone to hit Goliath (he said that's my only weapon, I have no other weapon than this) and here we ask what killed Goliath? Is it the stone of David or the Hand of God pushing the stone of David? that is the understanding here.

#### Rule7:

*Again it needs confidence, reliance and a strong heart while not staying back. See that you don't stay lazy but do what you have to do. Don't be afraid and go ahead and by both (your trust and your work), you will win and achieve and here you can feel that you are inscribed on the palm of God.*



**SECTION TWO:**

***THE VERSE APPLIED IN LIFE IN A PEAK SITUATION***

**1. A TOUR IN HISTORY**

In the Book of Matthew the Lord said, "If you have faith like this mustard seed, you can say to the mountain move from here to there, it will move". (Matt 17:20) It came to a corner where this verse was required to be done. One of the Muslim rulers with his Jewish minister who wanted revenge from Christians, got the Patriarch and said to him, "Is this your Bible?" he answered, "Yes". "Then read me this verse". It says, "If you have faith like a mustard seed, you can tell the mountain to move from here to there it will move".

The ruler said to him, "My capital is too small and this big mountain is tightening us up. Move it for me this distance, unless your Bible is false, your faith is false then we kill you and all Christians. You are lying, you are cheating". The Pope wasn't troubled at all. He said to him, "Ok just give me 3 days". The ruler said, "Take a week", he said "No, 3 days". In full faith he got all the Bishops, monks, people and priests to fast for 3 days until St. Mary appeared and told him about a very simple shoemaker (whom we have the blessings of his relics in our Church) and she said to him, "Go, get him and force him to come because he is the one who will move the mountain". And it happened that they went up to the mountain, got the ruler, his ministers, all the Muslim people on one side of the mountain.



The Pope with St. Simon, the Bishop, priest and Christians stayed on the other side and started praying. Every time the Patriarch lifts up his cross and says Kirie ley son (Lord have Mercy) and kneels down and Simon behind him praying, the mountain jumps up and goes far, till the ruler with his party got terrified and said to him, "It is enough" (He said this because the mountain was jumping up towards them in their direction 3 times) and they saw the sun under the mountain everytime the mountain jumps up. Now tell me which logic in the world could say that? there is no logic in the world which could say that this massive huge mountain moves? You can feel it more if you see the mountain in Egypt, which I know very well. Might here you imagine it, but to see the mountain physically in Egypt, it makes a difference of sense in your mind.

**Rule 8:**

***Do you want to have this blessing of being inscribed on the palm of God; you should have the trust, without using your logic or human fear and counts. Don't be hesitant or afraid, pray with strong heart, do what you can and the Lord will complete the work.***

## 2. LET US LOOK WITH AN EYE OF FAITH AND ANALYSE WHAT WE MENTIONED:

- ✚ A full nation was crossing between two walls of water.  
What made the water divide and the people cross on a dry land? Is it the simple rod of Moses in his hand or the Hand of God Who was with Moses and behind him while he is doing the action? The answer is very clear. The question is, if there is anything you go to or do; are you doing it or is the Lord with you and behind you in what you are doing? This depends on your first step. Do you go ahead to it with a strong faith or are you hesitant and many thoughts come in your mind which makes the Lord not able to support or help you in it?
- ✚ The same question applies to David. What killed Goliath? Is it this little stone David threw on him by the sling? No way, but it is the Hand of God who carried this little stone, placed it on the forehead of Goliath in a way which made him fall down to the ground, in spite of his great mighty body (he was a giant person) and then David took the sword and cut off his head. If we talk logically as humans, even if David hit the stone and Goliath fell down, could you believe that during this critical time, the young boy David of about 13/14 years old, could go to jump over his body and take his sword and slaughter him? If you are in his place, I think you will be shaking (if it was a normal person in that age) but what happened was that it wasn't David himself but it was the Lord Who was with David.
- ✚ It was the Lord who was holding the hand of Moses with the rod.
- ✚ It was the Hands of the Lord with Noah to protect him from all the wild animals and fed them all over a full year inside the ark.
- ✚ Was it just simply the prayer of kire leyson with the Cross (Lord Have Mercy) that made this huge mountain jump? No it was God there Who is ordering the mountain to move and jump up.

Here I raise your attention to something important; if you attend a full Mass in the Church from vespers to the end of the Mass, if you count how many times it is said, "The Lord be with you". It is repeated continuously over the Mass. Hardly 10 or 15 minutes of the prayers of the vespers and the Mass passes without the priest saying, "The Lord be with you". Because that is what it means in life. Anything that you want done, it is the Lord with you doing it.



### SECTION THREE:

## LIVES OF PEOPLE

### A. ACTIONS OF PEOPLE WHEN THEY FEEL BEING INSCRIBED ON THE PALM OF GOD OR NOT:

(i) We will here discuss the result of a person who trusts in the Lord and the result of one who changes to the opposite stage.



#### 1. St. Peter The Apostle:

After a long day of service, the Lord made His disciples go into the boat towards Capernaum and He stayed back in the mountain alone to pray and in the middle of the night, a storm arose and they were about to sink. While they are tossed by the waves, The Lord came to them in the fourth watch of the night, walking on the waters. They were troubled thinking He is a ghost, but He Said to them, "It is I, don't be afraid". Peter was always rushing, so he said to Him "If it is You, order me to come walking on the water to You", The Lord said "come" so he jumped out of the boat and started walking on the water and he walked for a distance. He then started to use his brains, "How come? am I walking on the water? I will drown, what about the waves". Just he started to think like this, he started to sink. Then he cried, "Save me Lord". "You have been walking Peter, what happened to you? You already walked, ok come" and the Lord pulled him up and walked with him back to the boat. Here you see the same one person, when he trusted that he is inscribed on the Palm of the Lord, could achieve what is beyond human ability and then the same very person when he started to doubt, he lost this power.



#### 2. St. Macarius The Alexandrian:

St. Macarius the Alexandrian one of the great fathers of the early monastic life of the fourth century was leading a life of real faith, prayers and fastings. Once while he was traveling from his home monastery to another monastery over the desert and it was the first time for him to cross this area, he used his human brains and thought to carry with him some 'bamboo sticks' in order to insert them on the way he walks to be a guide for him on his way back so that he doesn't get lost. During his journey, he felt tired and rested a bit. While he was sleeping, the devil came and picked all the sticks, made them in a bundle and put it next to his head. When he woke up and saw this, he wondered how it happened, so the devil appeared laughing and saying, "Are you Macarius the man of faith relying on some dry sticks? Here they are, let them help you and guide you back". At this point, St. Macarius realised that it was wrong of him to rely on his human ability and not on God Who always took care of him and never abandoned him before all these years in the desert. He prayed, repenting in his heart and asked God to forgive him and then he felt in himself confident to continue his journey and returned back to his monastery safely without any trouble.

### 3. St. Macarius The Great



To get an understanding for another rule of being inscribed on the Palm of God.

It happened that St. Macarius the great was being exhausted from walking in the desert, lost his way, didn't know where he was and how he could get back to the monastery. So in full confidence and trust he prayed and asked the Lord to help him. As he finished his prayer, he found himself in front of his monastery - The Lord sent an angel to carry him from where he was to his monastery.

#### Rule 9 :

*To be inscribed on the Palm of God, have faith, trust and confidence in the Lord that He cares for you while You do your effort and if you are stuck with a stumbling block, cry to the Lord in prayer, He will rescue you.*

#### **B. CATEGORIES OF PEOPLE IN DIFFERENT TIMES**

*We all go through really difficult and dark times and we really get stuck. What can we do?*

We are humans and we always worry what will happen. In these difficult times which is a daily basis happening in the lives of people. We can divide people into two main categories concerning the way they react in a difficult time. The normal human behaviour and the behaviour of those who trust in the Lord.

#### **FIRST CATEGORY-A normal person:**

When an affliction, trouble or hard time comes, it contains them, it swallows them and they keep thinking in it day and night and sometimes it takes over their sleep, their peace, comfort and it troubles them. They get divided into 4 types of people, according to how much the hard time swallowed/took over them.

- ✚ **First type:** Gets troubled in the beginning as any normal human; then someone helps them with comforting words from the Bible; they accept and go back to God and they find solutions.
- ✚ **Second Type:** Quickly become under the pressure of the disaster/problem/hard time, they get squashed/squeezed/pressured, it results them to be rebellious and questioning God and it leads them to commit sins.
- ✚ **The third type:** The difficulty causes them to be rebellious against God and fully go away from Him, the Church, the presence of God, following anything from the Bible and from the Church guidance.
- ✚ **The forth Type:** The difficult times swallow them fully and they go to extremes which results them to loose hope and commit suicide (they get rid of their lives), that is why you hear about a high percentage of suicide because people haven't got God inside Who is the only harbour of peace and support; they forget that He created them and He is the only One Who can do anything for them.

**SECOND CATEGORY-A believer who trusts in God:**

The person who is used to trust in the Lord, lives in the Lord and is really sure that the Lord is with him; when a difficult time comes he puts the Lord between him and the disaster. He does not see the disaster and its darkness as much as he sees the Lord with him in front of him and is sure that the Lord will do something, even if it takes long. This can be divided into many types of people according to the amount of trust they have.

Some of them never get troubled. A very nice verse the Lord said to His people in His last Words before His crucifixion in the Gospel of St. John, "Let not your heart be troubled neither let it be afraid. In the world you will suffer tribulations but be of good cheer, I have overcome the world". (Jn 16:33) As if the Lord is saying to us, "Don't be afraid, I am yours, I love you, and I am with you. Even sometimes if you have been mistaken but you are still trying to be good, I will never leave you."



I have seen with my eyes in the service, which the Lord allowed my weakness to get its blessing before and during monastic life and priesthood; different people and different ways. With some, any difficult thing or disaster happens; they sometimes quickly act on it. But some others leave everything and go to a room to pray, even for a few minutes and then they come to see what to do. I have seen a lot and if I open files to tell stories, there is a lot of different categories and what happens here and there. *I pray that I can get you to have this strong and rigid understanding to always put God between you and what is happening. If you have this, even in the most difficult and dark times you will see light and you will feel God with you and see God in front of your eyes and you will be full of peace.*

*Here I would like to say, "Do not be troubled because the Lord's Word is true". He said "You are inscribed on the Palm of My Hand". But there is an important rule here, God is Holy; purity and Holiness surround Him, so He will not allow anyone to remain on the Palm of His Hand unless the ways of that person are pleasing the Lord.*

**Rule10:**

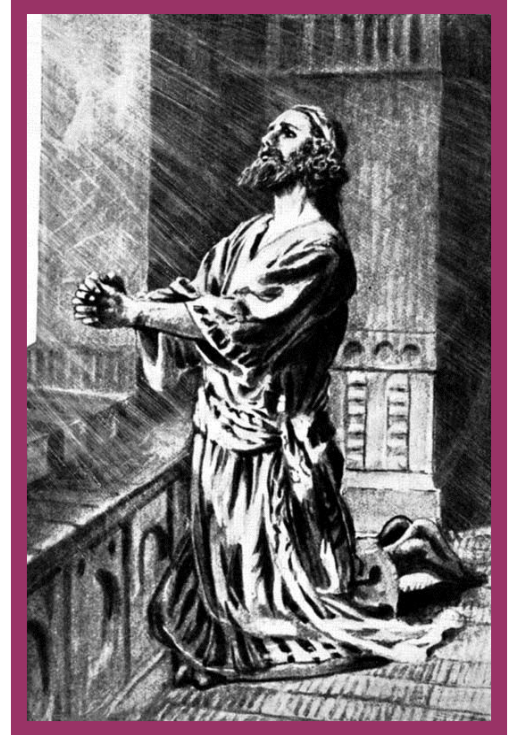
***For you to be inscribed on the palm of His Hand, you should be pleasing Him so that He is happy to keep you on the palm of His Hand and looks after you. But even if sometimes you displeased Him and fallen under weakness, He still loves you, but you have to repent and go back to Him and He will never let you down and will never forget you also.***

These type of people who trust in the Lord; they deliver the problem to the Lord and leave it to Him and they are sure that He will solve it. They also trust that even if it is not solved on the spot or for the time being, it might be for something better later on or might be for a reason that we do not understand for the time being; and even if it is not solved for some time, they take it to be a reward for them and crowns in Heaven if it is taken with thanksgiving and endure it.



*"YOU ARE INSCRIBED ON THE PALM OF MY HAND"*

Here I tell you out of life; 90% of times or more, the Lord always finds a solution, even if it is a little bit later, yet also keeps crowns for you in heaven by it but when He causes something very hard and keeps it, it is mainly and majority of the time for those who achieved high spiritual lives and they can take it and it is for their advantage. From this understanding you read some stories of saints who were going out to look for trouble to endure, in order to gain a reward in heaven. It means that they not only endure what come upon them; but they search for something difficult to take because they know it will store for them more rewards in heaven.



**SECTION FOUR**

**FEAR NOT, I AM CARRYING YOU**

**AN EXAMPLE OF LIFE AND A BRIGHT PICTURE TO HIGHLIGHT THE MEANING:**

Have you seen in the streets a mother carrying her child on her shoulders, walking with the child? For sure you have. She walks with him right or left. For sure she crosses the street full of cars. Here in Australia the streets are a bit quiet, but if you go to the Middle East countries, you will hear horns every second, beeps of cars. It is a big mess in the streets. If you look at the mother carrying the child and walking, is the child ever worried? he is on the shoulder of his mother and not worried no mater if cars are honring, beeping or anything. He never says, "O be careful mum there is a car here".



**THOUGHT:**

*If the Lord is carrying you and He said it (the most beautiful picture is when the Lord is carrying the sheep on his shoulders). He carries you and walks with you in life, so why are you afraid? He promised that You are inscribed on His palm - it means you are before His eye and under His care all the time.*

Remember the days of old, has the Lord ever forsaken you? If you recall, you will find out. Or if you look to a shepherd leading some sheep (in nature), you see the shepherd walking in front with his stick and the sheep knows exactly the noise of his foot step and his stick and they follow that. Wherever the shepherd goes, the sheep goes. As you see a flock of sheep, does one of them say, "No this is a wrong way go through?" That is why the Lord likened Himself to the Shepherd and we are His sheep. Even to the extent of His love He said, "If a sheep is lost I will go to find it and come carrying it on my shoulder being happy that I found my lost sheep"(Ezek 34:11 & Luke 15:5-6); and He also said, "I am the true Shepherd and the true Shepherd puts His life for the sake of the sheep". (John 10:14)

*So if you are a sheep in His flock , and carried on His shoulders and inscribed on the palm of His hand, why do you fear? And what are you afraid from as the One Who carries you is God the Almighty.*

**Rule11:**

*Try to program yourself to be strong and never affraid as the Lord said; Simply know that your fear is a wall between you and Me. If you remove this wall, you will see the Lord always in front of you and always with you. Never be troubled as David said in his Psalm, "I have set the Lord before me all the time, He is at my right hand I will never be shaken" (Psalm 16:8)*





**SECTION FIVE**

**HOW LONG SHALL I WAIT?**

*We here study:*

**HOW AND WHEN WILL GOD WORK AND INTERVENE?**

The devil uses our weakness and tries to make it clear that the Lord is not there and He is doing nothing and that is it, its just the end and the devil always says to you, "See it is finished are you still praying, it is finished". E.g. Job started very rich and happy with his children and had everything he desired – this was chapter one in the book carrying his name in the Bible. Just after chapter two, he lost everything even his own health. Even his wife told him, "Why are you living for? Just bless the Lord and die" (it means commit suicide), but he rebuked her and waited for the Lord in patience; and it ended him having double what he had before.

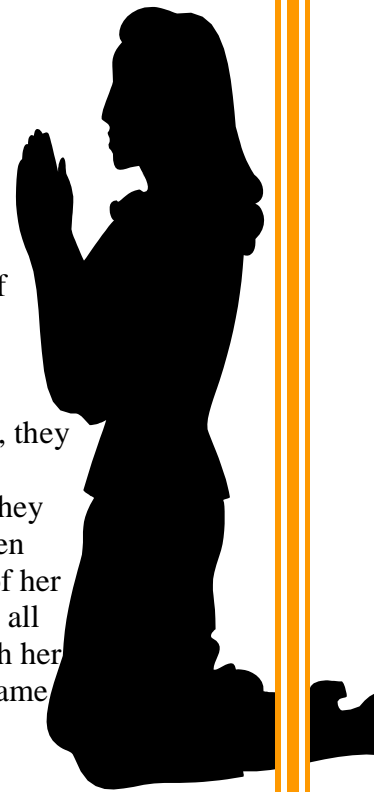
**1. A STORY FROM THE BIBLE:**

**SUSSANA:**

This story is not found in the Bible you have but it is in one of the Canonical books that the Protestant have taken out of the Bible and we have it in our Church books. You hear it once every year during the overnight watch of the Joyous Saturday (after the prayers of the great Holy Friday). It is the story of Susanna.

*Briefly:*

She was a beautiful lady married in the time of Israel where if a lady committed adultery, they take her outside and stone her to death. Two bad elders who have the right of judgment between the community, were burning with lustful desires for her. When they saw her, they desired her beauty and watched her daily life. During summer they waited hiding between trees in the garden of her house till her husband went outside and she locked the fences of her garden to have a nice swim in the heat of the day. They waited until she came in, locked all the doors, being ready to have her swim and they jumped on her wanting to have sex with her. She was so pure and refused, so she cried out to call the people of the house and when they came they acted as the wise pure innocent elders and they said "We were passing by, we saw a young man coming in after her husband left, she opened for him, we came to see what is happening according to our role of judging, we saw them starting sexual affairs, we tried to arrest him, but because he was young and strong he fled away and we are witnesses that she had an affair with another man besides her husband. The people in the area at that time were troubled and on the same day, took a quick council to judge her. These two bad elders sat in the judgment place, full of envy, jealousy and hatred that they couldn't achieve their desire and she was standing in the court place to be judged. The Bible says, "She was praying with her heart", hoping something will happen. The situation started to become tighter, and people were listening to these two elders



accepting what they were saying and she was praying, "Please God do something". No one was defending her and her husband couldn't speak, yet she was still praying, "God do something it is getting tighter" and then they said "does anyone have any defense?" no one spoke, so they said, "Take her to death". If you were in Susanna's place, you would say, "O God I should be inscribed on the palm of Your Hand, where are you? I am taken to be stoned to death, save me even before the end, save me. Will You leave me alone. No one stood up to defend me and You know I am innocent!" Then they started leading her out to be stoned. "God am I inscribed on Your Palm, see I am lead to death now? Where is your promise"?

***Sometimes it comes to a squashy point, a crushing point, yet God many times comes in the very critical time, as He came to the disciples in the fourth watch of the night, while they are suffering in the middle of the sea.***

At the very end and while she was being led out to be stoned, God to prove He has His way and interference at His time - the Spirit of God moved Daniel the prophet and he cried saying, "I am innocent of the blood of her? They said "what are you saying? We all judged her" and he said "Lets come back to council again and he proved that those two elders were liars by a trick he made between them both (both said different things) and they were stoned instead of her and it ended that she was saved.

***So sometimes we reach to this crushing point. In your eyes it is finished, it is as if you are saying "it is finished, there is no way, what will God do, it is finished".***

**Rule 12:**

***If you have worked hard with yourself and established a strong ground of faith and trust that you are inscribed on His Palm, even if it comes to what people call it 'last moment', be sure that God can do something in this last moment.***

**2. A STORY FROM LIFE:**

I recall once a young boy was applying for university and he was on the edge to be accepted if there was a place left from those who have 1% higher mark than him and I said to him, "Pray and while you are praying, I'll pray for you". Then he rang me with tears and said, "All the places are taken and it is finished", I said to him "It is not finished yet". He said, "What are you talking about abouna", he started to get very angry, "The man said to me on the phone it is finished". I said to Him, "Might God do something" he said, "What is He going to do" I said, "He might do something or lead you to something better for you". Then I tried to calm him down and left him. After one hour, he rang me with a jumping joyful voice saying, "Abouna I am accepted". I said to him, "What happened?" he said, "They rang me and said there was a mistake on the computer in the numbers of people who were accepted and there were 3 other rooms and they took me and another two". Many a time God comes in the 4<sup>th</sup> watch of the night as I explained before and make you happy.

*A Confirmation From the Bible From What We Explained in Section Five*

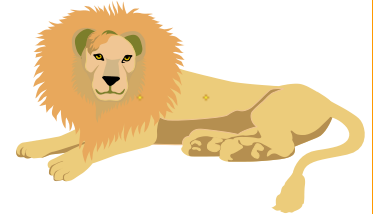
**3. A TOUR IN THE OLD TESTAMENT:**

If you look to the Bible, Daniel (the prophet) was a righteous man and once when he was judged by a false accusation, God did not come to help him against the king or in the judgment, He waited until he was thrown to the den of lions. You might say (you can imagine this in his thoughts as he was thrown from the top to the bottom) "God I am your prophet. I am writing prophecies for You, I am thrown to the lions because of my loyalty to You and refused to worship their idols, where is it that I am inscribed on the palm of Your Hand? Look, hear the lions? I can hear them".

God is telling you, "You are inscribed on the palm of my Hands, don't be afraid. Even if you are in the den on the lions, I can send my angel to shut the mouth of the lions", which happened. Even if you are in the fire like the 3 young men, I can send my angel to cool the heat of the fire which happened.



**CONCLUSION:**



*It needs is doing*

*trust, faith, action and when there is a conflict between what God and your brains, stop your brains and leave God to do what He knows good for you. My advice to you is; knowing that you are inscribed on the Palm of God, is the only harbour of safety for you. If you want an advice in love, make sure that your actions, behaviour and life entitles you to be inscribed on His palm. That is enough because just you have been inscribed on His palm, He will look after you and will never leave you or let you down. When you start to be afraid and worried, it means you are not sure if you inscribed on the palm of His Hand or not. You need to examine yourself and your life with your confession father; there might be a sin or a wrong thing that became a barrier between you and God. This understanding comes from the simple fact that God is light and sin is darkness. The Lord said it clearly "What is darkness to do with light". When you go in a wrong way in your life, you make it hard for God to keep you on the palm of His Hand. He loves you and wants you always to be on the Palm of His hand but it is you by your own actions who sometimes take yourself off the palm of God's hand.*

*Here I confirm to you what I said before, it is enough for you to know that you are inscribed on the Palm of His Hand and then worry about nothing. So the clear steps will be:*

- 1. Have faith and trust in the Lord*
- 2. Make the ways of your life pleasing to the lord so that He keeps you inscribed on the Palm of His Hand.*
- 3. Then there is no fears or worries in your life.*

As I said in the years of service, monastic life and priesthood, I have really witnessed a lot either personally or from others, the difference between someone inscribed on the Palm of God and someone that is a bit taken away for sometime because of their way of life.

I conclude this little booklet by referring you to the Holy Bible as it is full of people's lives confirming this meaning and also many sections as well to help you in difficult times. I chose for you a model ( 2 Psalms) – it will be good to learn them off by heart – they will help you a lot in many events of life. *Note: the words of the two Psalms are according to the Coptic origin which might differ from your King James Version).*

PSLAM 23:



"The Lord shepherds me so that I need nothing, He dwells me in places of green pastures, He nourishes me on the waters of comfort, He restores my soul and lead me in the paths of righteousness for His Names sake; even though I walk in the midst of the shadow of death, I will fear no evil for You are with me, Your rod and Your staff they comfort me, You prepare a table for me to resist those who grieve me, You anoint my head with oil. My Cup runs over. Surely goodness and mercy shall follow me all the days of my life and I will dwell in the House of the Lord forever. Alleluia!

PSLAM 91:

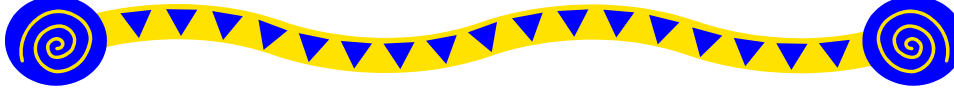


91:1 He who dwells under the care of the Most High, will be comforted under the shadows of God of Heaven. He says to the Lord "You are my refuge and victory; my God on Whom I rely". For He saves me from the snare of the hunter and from a troublesome word". He shadows me with His wings and under His shoulders I have protection. His justice surrounds you like a weapon, so that you are not terrified by the fears of the night; neither by the arrow that flies in the day, any matter that happens at night or from any falling of the devil of midday. Thousands will fall on your left and ten thousands on your right but none of them can touch you. With your eyes you see the judgement of the sinners and meditate on that. For the Lord is your hope; you have made the Most High your refuge; so the evils cannot harm you neither any hit come near your dwelling. He gives a command to His angels to care for you, and protect you in all your ways and on their hands they carry you, so that your foot does not stumble by a stone. You tread on the cobra and the king of serpents and crush the lion and the dragon. For he relied on Me, I will save him and cover him for he knew My Name for he calls me and I answer him. I am with him in the affliction to save him and glorify him all the days. I will satisfy him and show him My salvation Alleluia!





## SUMMARY OF RULES:



### Rule One:

*To make yourself Inscribed on Gods' Palm, make sure to keep yourself always in the presence of God.*

### Rule 2:

*To be inscribed on the palm of God is to trust in what God says more than the trust in your logical thoughts.*

### Rule 3:

*If you want to be inscribed on the Palm of God, listen to God's message through the Church and confession father channel on the spot, without debating or arguing.*

### Rule 4:

*If you want to have the feelings of being inscribed on the palm of God, you have to firstly put in your mind to trust in the Lord, no matter what the conflict is between what the Lord says and what the logic mind and theories of science tell you to do.*

### Rule 5:

*Where there is faith, trust and obedience to the Lord, there is no fear because you are inscribed on God's palm.*

### Rule 6:

*If you want to know that you are inscribed on His Palm, pray in faith. Be sure that the Lord will not let you down and go ahead in what you have to do.*

**Rule7:**

*Again it needs confidence, reliance and a strong heart while not staying back. See that you don't stay lazy but do what you have to do. Don't be afraid and go ahead and by both (your trust and your work), you will win and achieve and here you can feel that you are inscribed on the palm of God.*

**Rule 8:**

*Do you want to have this blessing of being inscribed on the palm of God; you should have the trust, without using your logic or human fear and counts. Don't be hesitant or afraid, pray with strong heart, do what you can and the Lord will complete the work.*

**Rule 9 :**

*To be inscribed on the Palm of God, have faith, trust and confidence in the Lord that He cares for you while You do your effort and if you are stuck with a stumbling block, cry to the Lord in prayer, He will rescue you.*

**Rule10:**

*For you to be inscribed on the palm of His Hand, you should be pleasing Him so that He is happy to keep you on the palm of His Hand and looks after you. But even if sometimes you displeased Him and fallen under weakness, He still loves you, but you have to repent and go back to Him and He will never let you down and will never forget you also.*

**Rule11:**

*Try to program yourself to be strong and never affraid as the Lord said; Simply know that your fear is a wall between you and Me. If you remove this wall, you will see the Lord always in front of you and always with you. Never be troubled as David said in his Psalm, "I have set the Lord before me all the time, He is at my right hand I will never be shaken" (Psalm 16:8)*

**Rule 12:**

*If you have worked hard with yourself and established a strong ground of faith and trust that you are inscribed on His Palm, even if it comes to what people call it 'last moment', be sure that God can do something in this last moment.*