



## 2010 Lenten Meditations

Written by Parishioners of Trinity Episcopal Cathedral / Compiled by The Daughters of the Holy Cross

Masthead courtesy of Susan Craig

### **Wednesday, February 24** **Mark 1:29-45**

As I read this passage, I am in the midst of my busiest work time of the year. These verses remind me how important it is that we spend time with God each day. Even when social and work schedules seem to offer little time for anything else, we must find at least a few moments of solitude to spend communicating with God or we will surely miss the most important aspect of our lives.

I believe one reason God became man was so He could walk amongst us and gain an understanding of the mindset of mankind to better communicate with us. In doing so, Jesus was forced to deal with the many challenges of being man throughout His time on earth.

Here in Mark, Jesus begins by showing compassion for the sick by going to the house of Simon's mother-in-law and curing her. When approached, He does not turn away the sick, but heals those who seek Him. In turn, He asks that they not tell others of His healing powers as He later does with the leper.

Jesus' compassion compels Him to heal all, but I think the Holy Spirit within Him knows that this will take away from His purpose on earth. I believe He was here not to heal the bodies of man but instead the spirit of man. Jesus knew that in healing the sick or raising the dead, a following could emerge seeking Him for the wrong reasons. He is forced to hide and spend time in solitude on the outskirts of towns as He travels. Jesus can no longer enter the towns or He will be swamped by the masses whose focus may be on bodily and not spiritual healing. This is a lonely period of His life but He continues for the greater good. Jesus would use this time to pray and nourish His soul in the power of communication with God.

To me, this passage asks us to realize that we must show compassion for others. We must also make time to find a quiet moment and communicate with God as often as we can. Allow Him to heal our spirits and help us to stay focused on His word.

#### **William Haselden**

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