



Peace & Joy
Romans 5: 1-5

2010 Lenten Meditations

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

Masthead courtesy of Susan Craig

Saturday, February 27 **Mark 2:23-3:6**

“The Sabbath was made for man, and not man for the Sabbath; Therefore the Son of Man is Lord also of the Sabbath.”

My first fleeting thought was we can do what we want on Sunday? That goes against what I remembered being taught. Then I realized the Son was not just you and me but Jesus. Sunday is the day that He does what He does best: He heals us from life's everyday problems and pains and reaffirms our souls.

Many of us do what I did; we read, we react, and we do without really thinking. We live in a “hurry up” society. How many times have you said to your spouse or your children, “Hurry up! We’re going to be late; we’re going to miss this or that.” We get so wrapped up in ourselves that we forget what’s really important.

Sunday is not just a day for dressing up, going to church and meeting with friends. It’s a day to let God heal us from the little things that have invaded our lives during the week. Without that constant healing, those problems start to fester like a splinter or a blister and the next thing you know you have a pain that is all consuming and you wonder why God has let you down. He hasn’t, we just don’t let Him do what needs to be done nor do we ask.

Penny Baskin

Penny Baskin works for the State of SC. She is single, an artist, and has two dogs with beautiful souls who show a love she finds amazing.