

# Lenten Reflection

Saturday after Ash Wednesday March 4, 2017



By Associate Judi Boone

“O Lord, that I may walk in your truth.”

When we walk in the Lord, we walk not only in truth, but in the light. Since we are humans, with the shortcomings and emotions of humans, we too often get caught up in ourselves. Judging and making assumptions begins. We presume to know what another is thinking or feeling. We attach motives to behaviors, not realizing that we are attaching our own motives. We fail to realize that the perspective that we are looking from is our own.

“If you remove from midst oppression, false accusation and malicious speech; If you bestow your bread on the hungry and satisfy the afflicted; Then light shall rise for you in the darkness...”

For so many, it is difficult to refrain from saying negative things. Why is this so difficult? Whole conversations are built on slamming someone. Why? Being a light is a much more desirable position to take.

The world is in great turmoil. The election was a considered a travesty to many and the repercussions from it are still being felt and will continue. Tolerance is at an all-time low. Violence in every form is seen daily. We can do our part by showing kindness to others. Smile at someone, open a door for them, or some other random act of kindness.

The other day, I was going to my car with my purse on my right arm, groceries in my right hand and my cane in my left hand. A young man approached and asked if he could open my car door for me. I gratefully said, “Yes!” I told him how much I appreciated his kind gesture. He replied by telling me that he has had people rebuff his offer to help them. Can we not accept the kindness of others?

The Lord is with us every day in every way. However, if we honor Him, honor the Sabbath, and show consideration to each other, we are living in the law of the Lord. We are delighting the Lord. We are being the salt and light he wants us to be.

The Lord makes miracles every day. We can be one of His miracles. Walk in His way. Be a light and trust in the Lord. Also, remember to say, “Thanks” for the many blessings he bestows on each of us.

