



Lenten Reflection for Saturday, March 5th

Keisha Lightbourne

You can listen to the reading and reflection by clicking [here](#).

Luke 5:27 - 32

After this he went out and saw a tax collector named Levi, sitting at the tax booth; and he said to him, "Follow me." And he got up, left everything, and followed him. Then Levi gave a great banquet for him in his house; and there was a large crowd of tax collectors and others sitting at the table with them. The Pharisees and their scribes were complaining to his disciples, saying, "Why do you eat and drink with tax collectors and sinners?" Jesus answered, "Those who are well have no need of a physician, but those who are sick; I have come to call not the righteous but sinners to repentance."

Imagine sitting at your desk working on a deadline, or in the middle of counting money, and Jesus comes by and says 'Follow me'? What do you do? Do you leave all the money and the records behind to follow him like Levi? Lent is a spiritual time when I do try to drop most things and follow Jesus. I allow myself additional times for prayer and contemplation, and in this quiet time I follow Jesus where ever he leads me. Though I have bound myself to give something up or committed to new practice, Lent is curiously a time of freedom where I allow my spiritual self and my connection to God to grow. I think that must be what Levi felt in that moment. His job caused him to be unliked and I'm sure a bit feared. Getting up and letting it go must have felt like a burden was lifted.

During this period of Lent consider how following Jesus can and does lift your burdens. Struggling with a particularly difficult person at work? Leave it at the altar and feel the freedom to see that person with the lens of love that Jesus lends. Having difficulties parenting a child? Leave it at the altar and have faith that Jesus will find a path forward. During our chosen spiritual practice, we shed the shackles of daily life and find respite in the arms of Jesus who died for us all on the cross.

Jesus came so that all could be healed. But Jesus especially came so that we sinners can find forgiveness and solace in Him. That truly happens when we seek Jesus out. Let's use lent as a time to seek Jesus and to truly follow him.



Keisha Lightbourne has been a member of Holy Apostles since 2017. She lives in Brooklyn and enjoys knitting, music, singing, and reading.