



Lenten Season Meditation

The woman in the story found in Luke 8:43-48 is a strong-willed, determined, and unyielding woman. She was challenged with an issue of blood for 12 years. As such, she was considered unclean, and according to the custom of the time, she was ostracized from society. She went from doctor to doctor, but none of them could help her. However, one day, she heard that Jesus was passing through. Having heard about His power to heal, she devised a plan to get to Jesus even though she was forbidden to touch others. She thought if she could just touch the hem of His garment, she would be healed. Hoping to go unnoticed, she crawled and touched His hem. When she did, she was instantly healed. She was unnoticed by the crowd, but not by Jesus. He noticed her. He felt her touch and responded with, "Who touched me?" When she knew she had been discovered by Jesus, she responded and told Him her story. Jesus responded, "Daughter, you are healed." He restored her health and gave her a new start.

This is what the Lenten season is about. It should bring about a new start - a new beginning. When we reach out to Jesus, against all odds, we can have an "out with the old and in with the new" experience. Let me encourage you to reach out to Jesus during this Lenten season.

First, ask yourself some questions: What do I really need from Jesus? What is my challenge? What do I need to get rid of, stop doing or start doing and what is my plan? Are there obstacles or a crowd in my way? Do I need to crawl or will getting on my knees do it? Do I need a new start, a new beginning? What can I do this Lenten season to glorify God and move forward?

Secondly, stop and take the time to reflect over your life (Psalm 139:23-24); then release the old and the negative by repenting and asking for forgiveness and a renewed life (Psalm 51:1-2). As God's child, accept what He is offering: peace that surpasses all understanding, joy unspeakable, blessings, and the desires of our hearts.

Finally, seek God's leading. Ask the following questions: God, where do you want me to go from here? God, what do I need to do differently? God, what do you want me to keep doing? God, how can I serve you better?

Let's make the most out of this Lenten season so that we come through it healed and ready to move forward with a new determination to glorify Him in all that we do as we witness to His faithfulness to us. Let's touch the hem of His garment through prayer. It will make a difference.

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