



## Lenten Reflection for Monday, February 27, 2023

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Matthew 8: 14-17

When Jesus entered Peter's house, he saw his mother-in-law lying in bed with a fever; he touched her hand, and the fever left her, and she got up and began to serve him. That evening they brought to him many who were possessed by demons; and he cast out the spirits with a word, and cured all who were sick. This was to fulfill what had been spoken through the prophet Isaiah, 'He took our infirmities and bore our diseases.'

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Today's reflection is by Chelsea Haynes

Having read through this a few times now, the thought I'm left with is, well that's nice, but what does this mean to me living in today's world where it can feel like we are all left to deal with illnesses, ailments, and personal demons, of whatever variety, all on our own. How much easier would it be to show up at Peter's house, be touched by Jesus, and have my troubles disappear on the spot? It seems that simple from how it's written, but maybe there was a bit more to it. Maybe these people who were healed felt from Jesus' touch or heard from his words something that made them feel accepted, understood, or loved for the first time. I think it's harder, a lot harder, to feel that connection and unconditional love today. For me, I can say that it isn't a feeling that's often readily available. I think a faith mindset and a Christian mindset is what enables one to feel that love and acceptance. And those mindsets take work, consistent work. More often than not I'm not very consistent and therefore have a hard time with faith and accessing feelings of acceptance and unconditional love when I need them most. For me I'd say it's hard because I'm so conditioned to think from a place of blame and negativity and to seek a level of control over every situation that doesn't leave much room for faith. I don't have the answer, but I'll keep showing up and maybe that counts as one tiny act of faith and puts me a little closer to being able to turn my troubles over to Jesus.

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Chelsea lives in Windsor Terrace with her husband Travis and their children Henry and Mildred. Chelsea is on the Vestry. Chelsea enjoys baking, knitting, the outdoors, and yoga.

