



Lent reflection for April 15, 2025

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Psalm 141: 1-10

*I call upon you, O Lord; come quickly to me;
give ear to my voice when I call to you.
Let my prayer be counted as incense before you,
and the lifting up of my hands as an evening sacrifice.*

*Set a guard over my mouth, O Lord;
keep watch over the door of my lips.
Do not turn my heart to any evil,
to busy myself with wicked deeds
in company with those who work iniquity;
do not let me eat of their delicacies.
Let the righteous strike me;
let the faithful correct me.
Never let the oil of the wicked anoint my head,
for my prayer is continually against their wicked deeds.
When they are given over to those who shall condemn them,
then they shall learn that my words were pleasant.
Like a rock that one breaks apart and shatters on the land,
so shall their bones be strewn at the mouth of Sheol.*

*But my eyes are turned towards you, O God, my Lord;
in you I seek refuge; do not leave me defenceless.
Keep me from the trap that they have laid for me,
and from the snares of evildoers.
Let the wicked fall into their own nets,
while I alone escape.*

Today's reflection is from Keisha Lightbourne:

As my faith has grown over the years, I've come to realize that there are no accidents and no such thing as coincidence. When I first read this passage, I knew that the Holy Spirit had guided someone to assign it to me because I needed to look into the mirror this passage offered.

For the past seven months, I've been in personal turmoil that has been difficult for me to navigate. When the nature of a relationship changes and someone reveals themselves to be someone other than who you thought they were, you feel a little lost.

Without getting into too many details, a person I love has become a person that the world would have me hate. He has done things that, if I followed the way the world thinks, I should hate and seek revenge against. This is a trap. A trap that will have me turning my heart to evil. And hurting myself and others I love in the process.

I try not to follow the teachings of the world but instead to follow the teachings of God and his son, Jesus Christ. I resist. Even as this person seeks revenge and continues to hurt me, I pray for him and try to forgive him. Jesus would have me continue to love this person as Jesus himself would. Sometimes, I slip and fall into this trap, but this passage reminds me to get back on track.

I ask God to help me “set a guard over my mouth” so I don’t speak bad things about that person. I have asked my friends and others faithful to God’s word to correct me when I stray from this goal. And I do falter, but this passage reminds me not to be consumed with hate, revenge, and the world’s ways. Instead, I take refuge in the strength of God and choose to fill my heart with love, forgiveness, and mercy. The kind of mercy that God grants me each time I falter.

Help me, God, to continue to sow seeds of forgiveness and love in my heart— banishing any kernel of hate that the enemy has tried to plant. God, please keep me from the trap that has been laid for me and from the snares of evildoers. In the name of my Savior and Redeemer Jesus Christ, Amen.



Keisha Lightbourne has been a parishioner at Holy Apostles since 2017. She loves the fellowship and community she finds there, as well as the continued growth in her faith. She hopes that something she wrote touches someone the way she is often touched by others in the Holy Apostles community.