

### **Reflection Wednesday 5<sup>th</sup> of Lent 2024**

We all want to be free, because if the opposite of freedom is bondage and slavery, no one wants that. In various ways, we are all enslaved to bad habits, faults, failures or sin. If some of these bad habits bring us temporary pleasure or make us feel good, we can even love this form of slavery and not want to give it up. Faith however opens up minds, hearts and spirits and shows how this kind of slavery negatively affects us. Sin is ultimately a bondage, that takes away freedom. We become chained to the things of earth making it impossible to be open to the things of heaven.

Underlying all forms of slavery lies the innate desire that everyone, ourselves included, be liberated from any form of slavery and thus be free. Through grace and the power and presence of God, it is within our own hands to break away from the bondage of sin. True freedom gives us the ability to hand over our lives to God and respond to whatever God asks of us with generosity and love, filling us with the desire to do so.

Let us use this Lenten time to become free from all that enslaves us; let us pray for those people who are powerless to break free from their enforced modern-day slavery. Pray also for those who are being trafficked and forcibly put to work.

Lord in your mercy, hear our prayer.

We thank God for all the freedoms we have and ask God to help us use them in the service of Jesus Christ and his Church.