

Lent devotions

READ:

Mark 5:1-20 (Click to open link.)

REFLECT:

Demons. We all have them. Things that have a grip on us that we can't seem to shake. If we name them, they get words like: Addiction, Anxiety, Depression, Deviance, Destructive Disorders, Hatred, Resentment. Some of us hide them well. Others, not so much.

Sadly, in our today's world, just as in Jesus' time, those whose demons are apparent, end up ostracized from society. not quite to the extent of the man in today's reading (naked and living among the tombs), but the emotional toll can be the same. Feeling alone, rejected, and hopeless. For those who are able to hide their demons, the feelings of being alone, misunderstood and without hope may even be stronger.

As Jesus gets off the boat, and encounters the demon possessed man, what follows is an encounter of a man experiencing hope and healing. It happens because Jesus notices him, has compassion on him, and chooses to be there for him. When everyone else abandoned him, Jesus drew close.

We have the same opportunity to provide hope for those who struggle with their demons. Not to reject, but accept. Not to push away, but to draw near. Not to ostracize, but to include. And in the process to help them find hope and healing, to come out of the shadows and into God's light. These are opportunities we all have to show God's love through our actions.

RESPOND:

Think about a time you've felt like the man with demons. What helped bring you hope? Who is someone today that needs you to notice them, to reach out to them, to simply just be there for them? Write down something you will do today to let them know they aren't alone.