

# Lent devotions

## READ:

Mark 6:14-29 ([click to open link](#))

## REFLECT:

"I'll do anything. You name it, I'll do it." How many times have we uttered these words? How many times have we made grand promises only to have those come back and bite us? Especially when we have been trying so hard to do the right thing.

Herod had quite the dilemma. All this time, he had been sparing John the Baptist's life by keeping him locked away in prison. He was trying to do the right thing – trying to keep John alive – but, despite his efforts, he was about to become his own worst enemy. Why? Because he let himself get caught up in the moment. And, because he cared too much about what other people thought.

Sometimes, we find ourselves in the same place as Herod. Trying desperately to do the right thing. Wanting to do what's right but...something or someone redirects us. And, in that moment, we forget what it is we are trying to protect. Often, that thing is our relationship with God. Our faith. But, out of fear of disappointing others, we are too proud to say no. Too proud to walk away.

It's too often that we find ourselves silently screaming "no" while our mouths say a resounding "yes." Fear of offending someone wins out over doing what's right. However, it doesn't have to be this way. You see, when we find our strength in Christ, when we say "no" to the world and "yes" to Him, we commit to following something better than the crowd. We find ourselves saying "yes" to what really matters and committing to what is right instead of what is simply "right now."

## RESPOND:

What have you been saying "yes" to when you should be saying "no"? How has this affected your faith? What can you do to change this behavior? What is stopping you from saying "no"? Take a moment to write down the things you should say "no" to. Now take a look at these things. Spend some time praying for the strength to say "no".