

## Mid-Week Lenten Meditation

After calling the crowd together with his disciples, Jesus said to them, “All who want to come after me must say no to themselves, take up their cross, and follow me. All who want to save their lives will lose them. But all who lose their lives because of me and because of the good news will save them. Why would people gain the whole world but lose their lives?” – Mark 8:34-36 CEB

### “Say YES....to the ways of Jesus

**Read:** Matthew 13:51

#### **Reflection**

After sharing several parables with his disciples, Jesus asks them a simple question, “Do you understand all these things?” They said, Yes.” That’s the question for us as we stand in the middle of Holy Week.

We’ve spent the past Wednesday’s of Lent thinking about some of the things to which we should say no if our intent is to live as more faithful followers of Jesus. We say no to hypocrisy, temptation, shame, transactionalism, condemnation, and fear. And keep in mind that there are many other things to which we should say no as we seek to model our lives after Jesus. But also keep in mind that in doing so we are saying yes to those things that align with the ways of Jesus.

Yes, is a powerful a word too. Unlike no, its power lies in affirmation not rejection. Jesus said yes to God in every aspect of his life. It wasn’t always easy for him nor is it for us. He will struggle a bit with what lies ahead of him tomorrow (Maundy Thursday) and Good Friday, but ultimately, he says yes to God in faith and trust that he is, as we all are, in God’s steadfast love and care always.

On Easter Sunday we will once again hear the ultimate yes from God. God has said no to the world’s desire to rid itself of Jesus. His resurrection is God’s affirmation of what he said, did, and taught. Do we understand all these things? May our answer be “yes”.....in every way!

#### **Prayer**

Help us to understand everything Jesus taught us about you and your ways, loving God. give us the strength, courage and commitment to say yes to all of them. Amen.