

Lent week 1

As we begin this first week of our Lenten journey, we step with Jesus into the wilderness.

In Gospel of Matthew 4:1–11, we see that immediately after His baptism, after the Father declares Him beloved, the Spirit leads Jesus into the wilderness. Not away from God, but deeper into trust. Not into punishment, but into preparation.

For forty days He fasts. He is hungry. He is alone. And there, in that vulnerable place, the tempter whispers:

“If you are the Son of God...”

The enemy challenges His identity before he challenges His behaviour. Yet Jesus doesn't perform, prove, or grasp for power. He anchors Himself in the Father's love and in Scripture. He refuses shortcuts. He refuses spectacle. He refuses glory without obedience.

Where the Adam and Eve failed in the Garden, where Israel failed in the wilderness, Jesus remains faithful. Where we often grasp for comfort, approval, or control, Jesus chooses trust.

The wilderness was not meant to defeat Him. It was meant to prepare Him.

Lent invites us into that same sacred space. The wilderness in our lives, seasons of waiting, uncertainty, hunger, or testing that may feel barren. Yet God wastes nothing. He forms us there. He strengthens our identity there. He teaches us dependence there.

Jesus shows us that temptation itself is not sin. Hunger is not failure. Testing is not abandonment. The victory comes in trusting the Father's voice above every other voice.

And after the struggle? The angels came and ministered to Him.

The wilderness is never the end of the story.

Reflective Questions:

1. Where in your life right now do you feel tempted to take a shortcut instead of walking the faithful path?
2. What would it look like this week to rest in your identity as God's beloved child rather than trying to prove yourself?

Prayer

Lord Jesus,

You who stood firm in the wilderness, teach us to trust the Father as You did. When we are hungry for comfort, approval, or control, remind us that we do not live by bread alone, but by every word that comes from God. Form us in our wilderness seasons. Strengthen our identity as Your beloved people. And lead us in faithful obedience, one step at a time.

Amen.