

Journey towards the Cross

Topic:

God's Word gives victory over temptation.

Bible Portion:
Matthew 04:04

Focus:

Temptation: Victory through the Word.



March 24, 2026



A daily devotional for lent season

40-Day Gospel Reading Plan

Bible Readings for Today

John 3-4



Have you Read your Bible today?

Memory Verse for the day

“For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

John 03:16 (ESV)

Quote

“The Bible is God's love letter to humanity.”

- Billy Graham.

The Spiritual Journey of Lent

In the Christian tradition, the forty days before Easter are known as Lent. This period is not merely a tradition but an opportunity for spiritual renewal through self-examination, prayer, fasting, and service. Jesus Christ fasted for forty days and forty nights in the wilderness and sought unity with the Father and with Himself. Inspired by this example, Christian believers observe this period with deep reverence and devotion.

The first and most important step in Lent is self-examination. We honestly reflect on our daily mistakes, negligence, selfishness, or bitterness toward others. This time teaches us to look inward. Recognizing the negative feelings in our hearts and asking God for forgiveness for our mistakes and sins is the beginning of this spiritual journey.

Prayer is the soul of Lent. Taking some time out from the busyness of everyday life to communicate with God in silence, meditate on the Bible, and participate in communal prayers strengthens faith. Prayer brings peace to the mind and provides proper guidance. During this time, our relationship with God grows stronger, and the true purpose of life becomes clearer.

Fasting is not merely abstaining from food. It is a practice of self-discipline and restraint. Some people give up certain foods, while others resolve to abandon bad habits. In today's world, staying away from excessive social media, unnecessary spending, or negative speech can also be a form of fasting. Such sacrifices make the mind purer and more mindful.

During Lent, charity and service are given special importance. Helping the poor, the sick, the helpless,

or the sorrowful reflects the core teaching of Christianity. Using our time, money, or skills for the good of others is considered service to God. Through love, forgiveness, and compassion, we become spiritually enriched.

The season of Lent reminds us that the journey of faith includes moments of testing. In the wilderness, Jesus Christ faced temptation from Satan after fasting for forty days. Hungry and physically weak, Jesus was tempted to turn stones into bread. Yet He responded with the powerful words of Scripture: *“Man shall not live by bread alone, but by every word that comes from the mouth of God.”* Matthew 04:04.



Jesus' response reveals an important truth: victory over temptation begins with trusting God's Word above our immediate desires. The temptation itself was not only about hunger but about choosing self-sufficiency instead of dependence on God. Jesus refused to satisfy a legitimate need in a way that would break His trust in the Father.

During Lent, believers are invited to reflect on their own struggles with temptation. Like Jesus in the wilderness, we often face moments when our desires, fears, or pressures challenge our faithfulness to God. Temptations may come in many forms—seeking comfort in unhealthy ways, choosing shortcuts instead of obedience, or placing our trust in temporary things rather than in God.



In this way, the spiritual journey of Lent makes us more sensitive, humble, and loving. Through prayer, fasting, and service, we not only fulfill a religious duty but also bring positive transformation within ourselves. This season becomes a source of renewed energy and spiritual peace for every believer.

Prayer:

O Lord, as we pass through this sacred season of Lent, grant us hearts filled with self-discipline, understanding for others, and may this time bring spiritual growth and blessings into our lives. Amen.

— Rev. Sandeep Janardhan Waghmare

Prayer Point



Let us pray for Rev. Abraham G. Sathyanathan,
Rev. P. Abraham, Rev. Anand M. Borde,
Rev. Anandaraju Katamala, and
Rev. Dr. Ananda Maharajan,
and for their families and the churches entrusted to them.

