

Lent:

Deepening Spiritual
Formation in the
Wilderness

Redeeming Power in
the Wilderness
into Bread

SERMON RESOURCE

OUR LITURGY

*The Lord is here — His Spirit is with us.
Where the Spirit of the Lord is — there is Freedom!*

CONNECT

— 15 MINUTES

- When have you felt like you had power in a situation—big or small?
What did you do with it?

KEY THEME

— 30 MINUTES

Power is not the problem—it's how we use it.
The temptation is to seize, prove, and protect.
The Jesus way is to trust, obey, and surrender.

Read Matthew 4:1-11 and Genesis 1:28

- v. 5-7; the second temptation is about proving identity through performance
- Testing God is demanding proof instead of trust His character
- Do you agree that everyone seeks power in some way? Why or why not?
- What are some subtle ways we try to gain control or influence?
- Where do you feel pressure to prove yourself in your life?
- Reflect on ways you sometimes feel overlooked, unwanted, disrespected or disregarded. What is your natural response to this?

Read Deuteronomy 6:16 and Exodus 17:1-7

- What does it look like to test God in your life?
- Have you ever had a time when you thought, "if God is real, then..."
- Why is trusting God so difficult in wilderness seasons?
- How does Jesus' baptism prepare him for temptation? (See Matthew 3:17)
- What are ways you look for affirmation or identity outside of God?
- Are you trusting God or subtly testing Him?



Read Colossians 3:12–15 and James 4:10

- The world teaches a zero-sum view of power—If I win, you lose, or vice versa
- Jesus redeems with with ‘positive-sum’ power—using power to serve and multiply life in others without ever being diminished.
- Why is obedience often harder than proving ourselves?
- As you read Col. 3:12–15, which quality is hardest for you right now?
- What would it look like to “put that on” this week?

APPLICATION

– 30 MINUTES

This week practice the Jesus way through:

- Hidden Obedience: Do something loving this week that no one will notice.
- Release Control: Let go of the need to win, prove, or be right in a situation.
- Encourage Others: Use your influence to lift someone else up.
- Practice Generosity: Use your resources to bless someone else intentionally.

Start each day this week with this prayer:

Jesus, deliver me from the craving for human approval and the fear of disapproval.

Jesus, deliver me from the desire to be esteemed, loved, praised, preferred, or approved. Jesus, deliver me from the fear of being humiliated, forgotten, or ridiculed.

Jesus, deliver me from comparison, competition, and control.

Jesus, grant me the desire to love, esteem, encourage, and lift up others.

Jesus, expose pride that I may confess it.

Teach me how to live like you in humility and genuine love.

I trust that as I learn to walk in Your way, You will provide all that I need.

Amen



GOING DEEPER

— 7 MINUTES

Check out [THESE](#) Jesuit Prayers for humility and consider incorporating one for this season of your life:

