



LENT DEVOTIONAL

Walking with Jesus

In the Wilderness

PRESENTED BY  Redeeming Babel

Lent and the Wilderness Journey

Lent is a season of walking with Jesus into the wilderness—a time of intentional reflection, testing, and transformation. The wilderness reminds us that this world is not our ultimate home, yet we are called to live faithfully in it. How do we navigate a confusing world, holding fast to truth while engaging with grace?

At Redeeming Babel and through The Good Faith Podcast, we explore these very tensions—how to live as thoughtful Christians in an age of division, uncertainty, and competing narratives. Lent is an opportunity to recalibrate our hearts and minds, embracing Jesus' way of wisdom in a world of noise. This devotional will guide you through daily reflections that anchor you in Scripture while incorporating insights from trusted voices such as Tim Keller, N.T. Wright, and liturgical reflections from Every Moment Holy.

Each day offers a Scripture reading, a reflection, music, and a recommended Good Faith Podcast episode to accompany your journey. Each week also includes an active practice to engage with the themes in a tangible way.





Resources for You

Prepare your heart for Lent with Redeeming Babel's handpicked book recommendations—thoughtful reads to guide you through reflection, repentance, and renewal this season.

- [Lent: The Season of Repentance and Renewal by Esau McCaulley](#)
- [Hope in Times of Fear: The Resurrection and Meaning of Easter by Tim Keller](#)
- [The Risen King Devotional by CH Spurgeon](#)
- [Jesus and the Very Big Surprise by Randall Goodgame](#)
- [Is Easter Unbelievable? by Rebecca McCloughlin](#)

Let these handpicked songs from Redeeming Babel stir your heart this Lent, guiding you through reflection, repentance, and renewal.

- [Lent: Walking with Jesus in the Wilderness Playlist](#)



WEEK 1

The Wilderness as Training Ground

Listen

[Desert Song by Shane and Shane](#)

Read

[Kate Bowler: God is On The Losing Team](#)

Scripture

Matthew 4:1-11

Jesus was led by the Spirit into the wilderness, not as punishment, but as preparation. In the silence and hunger, He learned dependence on the Father. So too, our wilderness moments shape us for deeper faithfulness.

Daily Reflections

1. How does Jesus' wilderness experience help us understand suffering and temptation?
2. What "false breads" are you tempted to rely on instead of God's Word?
3. How might solitude with God help you navigate today's complexities?

Good Faith Podcast Episode

[Recovering Our Storytelling Superpower with Nancy French](#)

Practice

Begin each day with a moment of silence, resisting the urge to reach for your phone or news. Use this time to listen for God's presence.

WEEK 2

Living as Exiles

Listen

[I Asked the Lord: Only Hymns](#)

Read

[Home from Exile: Tim Keller](#)

Scripture

Jeremiah 29:4-7

The Israelites were exiles in Babylon, called not to escape, but to seek the peace of the city. How do we live as exiles—faithful to Christ while fully present in the world?

Daily Reflections

1. What does it mean to seek the good of a society that may not share your values?
2. How can you be a witness without compromise?
3. Where do you feel the tension of belonging to God's kingdom yet living in this world?

Good Faith Podcast Episode

[Living as Exiles with Pete Wehner](#)

Practice

Think about the people around you who keep life going – a teacher, grocery clerk, helpful neighbor, coach, etc. – and send them a quick note of encouragement. Thank them for all they're doing to serve the public good and perhaps point out a specific way you appreciate them.



WEEK 3

The Temptation of Power

Listen

[This is My Father's World by A New Liturgy](#)

Read

[What Would It Look Like if God Was In Charge? By NT Wright](#)

Scripture

John 18:36 – "My kingdom is not of this world."

Jesus rejected worldly power, choosing the way of the cross instead. In a world that equates influence with authority, how do we embody Christ's humility?

Daily Reflections

1. Where are you tempted to grasp for control rather than trust God?
2. How does Jesus' model of power challenge cultural assumptions?
3. What does true servant-leadership look like in your daily life?

Good Faith Podcast Episode

[When Faith and Power Mix with Cherie Harder](#)

Practice

Perform an anonymous act of service this week—something that costs you but brings benefit to another. A few ideas to get you started: Buy coffee for the person in line behind you. Select a GoFundMe account and make a small donation. Leave an encouraging note on the keyboard of someone who works near you. Drop off flowers at a nursing home.



WEEK 4

The Liturgy of Everyday Life

Listen [Morning Song \(Give Me Jesus\) by Antonine Bradford](#)

Read [Tish Harrison Warren on Living Radically at Home](#)

Scripture

Colossians 3:17– "And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus."

Holiness is not just for Sunday mornings but for grocery lines, work meetings, and family meals. How do we practice a sacred rhythm in ordinary moments?

At Redeeming Babel, we emphasize the importance of forming habits of faith that shape our daily lives. The modern world often pulls us toward distraction, yet liturgy—both corporate and personal—grounds us in God's presence and purpose.

Daily Reflections

1. How does your daily routine shape your soul?
2. What habits pull you away from God's presence?
3. What if even mundane tasks could become acts of worship?

Good Faith Podcast Episode

[How to Cultivate the Inner Life We Need to Face a Chaotic World with Alison Cook](#)

Practice

Pick one routine activity (driving, washing dishes, making coffee) and turn it into a moment of prayer and gratitude.



WEEK 5

The Call to Resurrection Hope

Listen

[When Your Kingdom Comes](#) by Paul Zach and Jessica Fox

Read

[A Liturgy in Praise of Christ who Conquered Death by Every Moment Holy](#)

Scripture

Romans 8:18-25

As we near Easter, we look beyond suffering to the promise of renewal. The resurrection is not only our future hope but our present reality, shaping how we endure and rejoice today.

Daily Reflections

1. Where do you see glimpses of resurrection in your life?
2. How does hope empower endurance in difficulty?
3. How can you embody resurrection life to those around you?

Good Faith Podcast Episode

[Why Evil is Weaker than We Think](#) with David French

Practice

Plant something this week—a small flower, an herb, or even a symbolic note of hope in your journal—as a tangible reminder of resurrection life.



Lent as a Way of Being

Lent is not just a season but an invitation to a lifelong posture of faithfulness, humility, and hope. As you emerge from these forty days, may you carry with you a deeper awareness of God's presence in the wilderness and the world.

At Redeeming Babel and through The Good Faith Podcast, we seek to equip you with wisdom for navigating the tensions of our time while remaining steadfast in faith. This Lent, may your wilderness journey draw you closer to the One who leads us home.

Blessings on your Lenten journey.