



Isaiah 41:10

**“Do not fear, for I am with you;
do not be dismayed, for I am your God.
I will strengthen you and help you;
I will uphold you with my righteous
right hand.”**

DEVOTION:

Lent reminds us that even Jesus Christ walked through suffering, isolation, and deep sorrow. The wilderness He entered wasn't just physical—it was spiritual testing, hunger, and endurance.

Hard times can feel like that wilderness: quiet, heavy, and uncertain.

But this verse from Isaiah is a direct answer to that feeling. Notice what God does **not** say:

- He doesn't say “figure it out.”
- He doesn't say “be strong on your own.”

Instead, He promises:

- **Presence** — “I am with you”
- **Strength** — “I will strengthen you”
- **Support** — “I will uphold you”

Lent is not about pretending things are okay. It's about bringing what's real—your stress, grief, fear—into God's presence and letting Him meet you there.

Even now, especially now, you are not alone in what you're carrying.

Simple Lenten Practice (5 minutes)

Try this once a day:

1. **Be still (1 minute)**
Sit quietly and take a few slow breaths.
2. **Read the verse slowly**
Let one phrase stand out.
3. **Be honest with God**
Say exactly what feels hard right now.
4. **Receive**
Sit with the words: “*I am with you.*”