I Wonder...

Lenten Devotional 2026

"The Spirit of the Lord is upon me,
because he has anointed me
to bring good news to the poor.
He has sent me to proclaim release to the captives
and recovery of sight to the blind,
to set free those who are oppressed,
to proclaim the year of the Lord's favor."
- Luke 4:18-19

DEVOTIONAL

Jesus walks into a hometown synagogue, unrolls a scroll, and reads something that sounds less like an announcement and more like a verdict on the way things are.

Good news for the poor implies bad news for whoever made them poor. Release for the captives asks what put them there. Freedom for the oppressed doesn't stay abstract for long. It starts looking around the room.

I've spent a lot of time thinking about freedom as something that happens inside me. A feeling, a posture, a spiritual condition. But Jesus doesn't announce it that way. He announces it the way you'd announce that someone is being let out of prison. There's a date. A door. A person walking through it. I wonder what freedom asks of us when it looks like that.

Not as a value we'd list if someone asked, but in the way we spend a Tuesday, or vote, or decide what's someone else's problem.
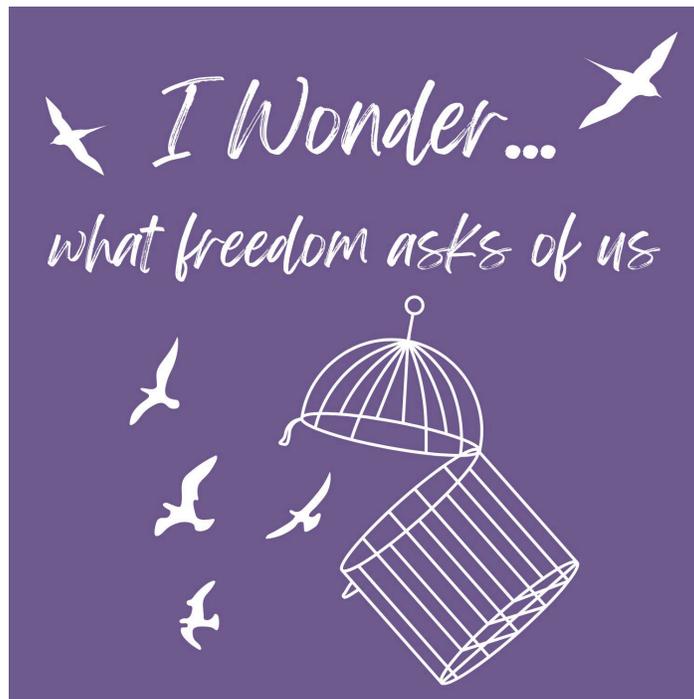
He doesn't float this as an idea worth considering. He says *the year of the Lord's favor* as if the clock is already running, and we're late.

SPIRITUAL PRACTICE

Do one concrete thing today that costs you something small. Forgive someone without telling them you did it. Give something away that you were saving for a better moment. Write a letter for someone who can't write their own. Or name one fear out loud to God instead of carrying it quietly into tomorrow.

CLOSING PRAYER

Jesus, You walked into a room and said everything was about to change. I believe You, help me act like it. Show me whose freedom I've stopped thinking about. Make me someone who takes You seriously. Amen.

I Wonder...
what freedom asks of us

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