**First Sunday of Lent**

February 18th 2018

Lent is upon us already, I can’t be the only one who thinks it’s only just been Christmas! This is why I’m thankful for the Church’s liturgical seasons; Lent is often a reality check for my faith, an opportunity to put my relationship with Jesus back in right order.

Today’s Gospel reading is very short but carries a lot of meaning; it inspires me to go into the wilderness with Jesus this Lent. Something that stood out to me was the phrase ‘At once the Spirit drove Him out into the desert.’ (Mark 1:12)

A time of wilderness can be Spirit lead and Spirit filled. Yes, the Church calls us to pray, fast and give during Lent but I ought to use this as an opportunity for growth, not simply 40 days complaining about how much I’d like to eat chocolate but can’t!

I’m going to be asking the Holy Spirit to lead me to a desert place this Lent, to a place where I am free from the big distractions and able to spend time alone with God.

Sophie

SYMT