



6TH MARCH 2022
1ST SUNDAY OF LENT

SCRIPTURE
LUKE 4:1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written, 'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Reflection

We hear today how the devil tried to tempt Jesus to do various things...but he never gave in. I'm sure the thought of turning a stone into bread would have been quite welcome after having no food for days, but Jesus stood firm and relied on God, following the right path causing the devil to leave him alone.

In life we face many temptations from friends, social media, and the world around us. It isn't always easy to follow the right path and at times we can find ourselves going against what others want us to do.

This Lent as we journey to the Font of new life try to overcome these temptations and choose the path that shows love – love for God and love of your neighbour.

ACTIVITY

Make a Family Lent Calendar

On a piece of paper draw out a calendar or find one online and print it.

On each day between now and Easter write a simple things that can be done by everyone in the family.

You might want to include things like, pray together, read the bible together, no sweets today , tidy up after yourself, send a card to someone to cheer them up....the list is endless!



Prayer

God our Father, in you we find hope and protection, as we begin this season of Lent.

We ask that you protect us from temptations and all that leads us away from you, so that we can open our hearts and become closer to you.

Amen

CHALLENGE

As we begin the season of Lent – what will you do to strengthen your relationship with God?

Take some time this week to sit with God and decide what you will do. Will you give something up? Will you take up something extra? Or will you do both?

