

PRAY WITH SCRIPTURE, MEET GOD

Gospel for the First Sunday of Lent

March 10, 2019

Luke 4:1-13

Day One: Luke 4:1-2

Reflection question: After his baptism, the Spirit led Jesus to a deserted place for forty days. Have you ever found yourself in unknown territory? What did you hunger for during that time?

Day Two: Luke 4:3-4

Reflection Question: Jesus responds to the devil's first temptation, "one does not live by bread alone." What does God offer that nourishes you?

Day Three: Luke 4:5-8

Reflection Question: When have you been tempted by ambition? What helped you resist?

Day Four: Luke 4:9-13

Reflection question: Reread Jesus' response to the devil. Are they comforting or challenging? Why?

Day Five: Luke 4:1-13

Reflection question: As you read the entire passage today, do you hear God speak to you? Did you find him looking directly at you?

How to Pray Each Day

Pray:

"Lord Jesus, you who are the Son of the living God, teach me to listen to what you tell me in the holy Scriptures, and to discover your face there."—Guigo II, the Carthusian (ca. 1113-1193)

Read the day's passage once, slowly:

Take 2-3 minutes to ponder the passage. Note any phrase, word or image that stands out for you.

Read the passage a second time slowly:

Take a few minutes to ponder the passage again. Stay with the text: Why do you think the words or image stand out the first time? Is your mind drawn to another part of the text?

What do you think God is trying to tell you through the text today?

Consider the Reflection Question:

Jot down any thoughts or responses you have to this question—also make note of any questions that rose from the text.

Pray

1. Take a few minutes to be still and present to God.
2. Share your thoughts, questions with God.
3. Is God "speaking" to you? Remember: it may not be a voice you hear but a nudge, a consolation or an insight. If you are keeping a journal, you may want to write these down.
4. When you feel done, say a quick prayer thanking God for this time with him.

Optional Small group session to follow these daily reflections:

Pray the following prayer or one in your own words

“Lord Jesus, you who are the Son of the living God, teach me to listen to what you tell me in the holy Scriptures, and to discover your face there.”—Guigo II, the Carthusian (d.1297)

Allow each person to reflect upon their encounters with the Word this past week. They may wish to review any notes or journaling they did at that time.

Read

- Have one person read the complete passage twice, with a 1-2 minute pause between readings.
- Allow time for silent reflection.
- What stands out when you hear the text, altogether? Is it something that stood out before, or is it something new?

Meditate

- Have someone else read the passage once more.
- Where do you meet God today in the Word? Does he speak, or communicate in another way?
 - Sit quietly with God and wait for his response.

Ponder

- Allow time for each person to quietly reflect upon these words from the *Catechism of the Catholic Church*

Jesus' Temptations (from the *Catechism of the Catholic Church*)

540 Jesus' temptation reveals the way in which the Son of God is Messiah, contrary to the way Satan proposes to him and the way men wish to attribute to him. This is why Christ vanquished the Tempter *for us*: "For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning." By the solemn forty days of *Lent* the Church unites herself each year to the mystery of Jesus in the desert.

Reflection questions:

- What does it mean for *you* that Jesus knows what it is to be tempted?
- Have you found God's presence in a moment of temptation?
- This Lent, what temptation do you need Jesus' help to resist?

Discuss

Allow each person to share what they encountered in their prayers this past week as in this session. They can respond to any question from their daily reflection or this session; or share an insight or experience that rose out of their prayer.

As the discussion draws to a close, ask if there are any needs members would like the group to pray for. If it is possible, at this time move to a chapel or the church for the closing prayer.

Pray

- Allow a time of silent prayer, allowing each person to offer their own silent prayers of praise and thanksgiving, petition to the Lord.
- Allow additional time to sit in the Lord's presence.
- If possible and appropriate, allow each person to offer any prayers aloud.
- Close with prayer as is the custom of your community. It could be: a spontaneous prayer, a parish prayer for renewal said together, an Our Father, Glory Be or prayer to the patron saint of the parish asking his/her intercession, etc.