

Hello,

Happy Lent. Lent is a season of joy, as we practice detachment from the things of this world so as to draw closer to God and prepare to celebrate fully.

Love,

A handwritten signature in cursive script that reads "Fr. Hans" followed by a stylized flourish.

Fr. Hans

February 21st — The First Sunday of Lent

Mark 1:12–15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God:

“This is the time of fulfillment. The kingdom of God is at hand.

Repent, and believe in the gospel.”

Questions for Reflection:

- What have been “deserts” in my life?
- How long have my deserts lasted? What does “forty days” signify?
- What temptations does Satan use against me?
- In what ways do I need to repent, and to believe more?