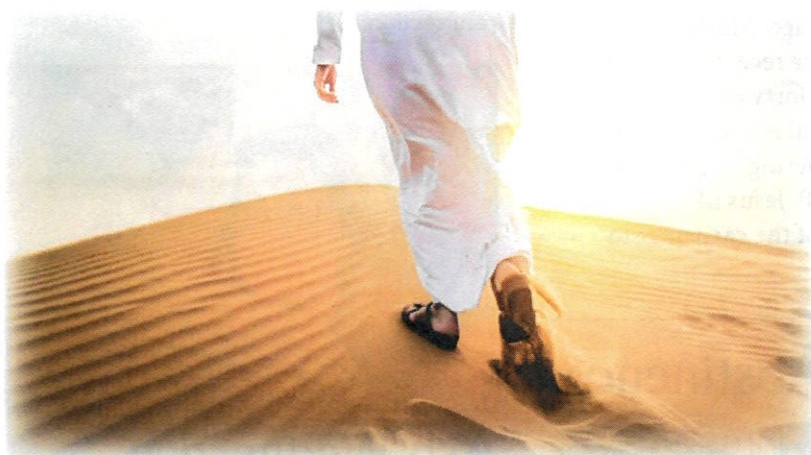


Meditations for the First Week of Lent

WE THIRST FOR YOU, O LORD



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Before Jesus began his ministry, the Spirit “drove him out into the desert.” After forty days he emerged to announce that the kingdom of God was at hand and to encourage the people to “repent, and believe in the gospel.” As we begin the season of Lent, we, too, enter into our own desert.

Repent and Believe

Mark 1:12–15

Today's Gospel contains two important aspects to the beginning of Jesus' ministry. We are told that he went out into the desert for forty days, where he was tempted by Satan and ministered to by angels. Next Mark says that,

after the death of John the Baptist, Jesus announced that the “time of fulfillment” was at hand and began his preaching and teaching.

What lesson lies here for us? While Lent is a time of service to others, it must also be a time of preparation and renewal of self. We cannot give what we do not have. Just as Jesus had to spend time in the desert, so we, too, need to take time this season to allow God to show us where we need to change and give us the courage and conviction to act on those changes. This give and take is part of the flow of life and one of the great lessons of Lent.

FOR REFLECTION

- › What will I do this Lent as an outward sign of my repentance?
- › How might I deepen my relationship with God this holy season?
- › How do I overcome temptation?

Lenten Prayer

Unto to you, I cry, my God!

“You are dust, and to dust you shall return.” — Genesis 3:19

*Lord, help us see today
and all of its stresses
in the light of your eternal love.*



Catechism CONNECTION

“By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert.” — *Catechism of the Catholic Church*, 540