

LIVING FAITH

FIRST SUNDAY OF LENT

MARCH 1



THE GOSPEL FOR TODAY

Matthew 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written,

"One does not live by bread alone,

but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written,

"He will command his angels concerning you",

and "On their hands they will bear you up,

so that you will not dash your foot against a stone." '

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written,

"Worship the Lord your God,

and serve only him." '

Then the devil left him, and suddenly angels came and waited on him.

TAKING THE GOSPEL HOME

In today's Gospel, Jesus is tempted. Usually, we are tempted by things that are attractive to us; very few people are tempted by things they don't like. But we can like things that are not good for ourselves or for others. Jesus resisted the devil's temptation to:

- Create bread out of stones to relieve his own hunger (the temptation to self-gratification);
- Leap from a pinnacle and rely on angels to break his fall (the temptation to self-reliance);
- Kneel before Satan in return for all the kingdoms of the world (the temptation to materialism).

PONDER AND DISCUSS

- How do you resist temptation? What helps you not to give in?

The Temptation of Jesus

Then Jesus was led by the Spirit into the desert to be tempted by the devil. Matthew 4:1 (NIV)

The puzzle is based on Matthew 4:1-11 (NLT).



R P J L D S T E M P T E D B K
 P Q G R H P W E G H J S V W J
 V Y O N N H V X W D E A W F E
 M L Y R N R F E E N S T S D W
 V O A G E X B O W X U A D B O
 S B U S K S B O E D S N Y T R
 O P D N I I B I U E O C M A S
 F I L S T S N C W V V L O Z H
 I A M E L A Z G K I D B M L I
 B Q S E N A I D D L I W U R P
 L R G T D D R N E O L P W F N
 H N E L I O O E S N M E D S X
 A C R A W N B R E V G S L F C
 J O F U D Y G E R T E M P L E
 W H H U N G R Y T S T O N E S

WORD	WORSHIP	LORD	MOUNTAIN	BOW
TEMPTED	ANGELS	HUNGRY	STONES	SERVE
WORLD	KINGDOMS	BREAD	DESERT	SPLENDOR
DEVIL	FASTING	SATAN	TEMPLE	JESUS

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LENT

GIVING UP AND TAKING UP



Things to give up for Lent:

- The phrase, "I can't even."
- Rolling your eyes at your parents [or spouse or co-workers, for older folks].
- Not smiling at strangers.
- Trolling online.
- Being sarcastic.
- Using the word "bae."

Being embarrassed when you need help from a therapist in order to live a happy, full life.



Things to start doing for Lent:

- Give away something every single day, be it time, money, or something you own.
- Get help with your depression.
- Volunteer once a week at a soup kitchen.
- Give away 10 shirts, two pairs of pants and a pair of shoes.
- Use your weekends to babysit for free.
- Make a list of 40 people who have touched your life and write one each day with a letter of appreciation.



Watch Busted Halo's Lent in 3 minutes video [here](#).

Development and Peace: Share Lent 2020



A Prayer for our Earth

All-powerful God, you are present in the whole universe and in the smallest of your creatures. You embrace with your tenderness all that exists. Pour out upon us the power of your love, that we may protect life and beauty. Fill us with peace, that we may live as brothers and sisters, harming no one. O God of the poor, help us to rescue the abandoned and forgotten of this earth, so precious in your eyes. Bring healing to our lives, that we may protect the world and not prey on it, that we may sow beauty, not pollution and destruction. Touch the hearts of those who look only for gain at the expense of the poor and the earth. Teach us to discover the worth of each thing, to be filled with awe and contemplation, to recognize that we are profoundly united with every creature as we journey towards your infinite light. We thank you for being with us each day. Encourage us, we pray, in our struggle for justice, love and peace.

Prayer by Pope Francis, from the encyclical, *Laudato Si'*.

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