

March 9th 2025 1st Sunday of Lent Year C Luke 4:1-13

⁴⁻¹ Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, ²where 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. ³The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' ⁴Jesus answered him, 'It is written, "One does not live by bread alone." ' ⁵Then the devil led him up and showed him in an instant all the kingdoms of the world. ⁶And 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. ⁷If you, then, will worship me, it will all be yours.' ⁸Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." ' ⁹Then 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, ¹⁰for it is written, "He will command his angels concerning you, to protect you", ¹¹and "On their hands they will bear you up, so that you will not dash your foot against a stone." ' ¹²Jesus answered him, 'It is said, "Do not put the Lord your God to the test." ' ¹³When the devil had finished every test, he departed from him until an opportune time.

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In this week's gospel we see Jesus in the wilderness; the devil is giving him a good shaking up. God kept a watchful eye on Jesus making sure no harm came to him. Jesus had total trust in his heavenly Father.

There are many times in our lives when we find ourselves in a wilderness. How do we feel? What do we do?

Do we trust like Jesus and believe our Heavenly Father is there for us with his angels to protect, guide and keep us safe.

Prayer:

Lord thank you for the people who were sent by Jesus to help us in our wilderness. They accompanied us on our journey with compassion and love, reflecting the love and compassion of Jesus. In time we were able to come out of our darkness into light.

Forgive us Lord for the times we let ourselves be lost in the wilderness. If we can resist this and acknowledge our complete dependence on Jesus we can grow in trust and comfort in the fact that the Holy Spirit will always guide us.

Help us Lord during these days of lent to embrace this special time to receive encouragement as we read in the gospel that Jesus was led by the Spirit into the wilderness. The wilderness need not be a place of fear; it can be a place of transformation, a place where God is in control and will send his angels to help and guard us.