



February 26th 2023 1st Sunday of Lent Year A – Matthew 4:1 – 11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. ²He fasted for forty days and forty nights, and afterwards he was famished. ³The tempter came and said to him, ‘If you are the Son of God, command these stones to become loaves of bread.’ ⁴But he answered, ‘It is written, “One does not live by bread alone, but by every word that comes from the mouth of God.”’ ⁵Then the devil took him to the holy city and placed him on the pinnacle of the temple, ⁶saying 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.”’ ⁷Jesus said to him, ‘Again it is written, “Do not put the Lord your God to the test.”’ ⁸Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; ⁹and he said to him, ‘All these I will give you, if you will fall down and worship me.’ ¹⁰Jesus said to him, ‘Away with you, Satan! for it is written, “Worship the Lord your God, and serve only him.”’ ¹¹Then the devil left him, and suddenly angels came and waited on him.

➤ Read and re-read – out loud and slowly the Gospel.	➤ Pray - Thanksgiving – Repentance – Petition
➤ Meditate - on reading as being spoken to you, an experience in your life	➤ Action – Attitude (Call to change / to act /to do

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In this week’s gospel we see Jesus in the Wilderness. Satan is giving Him a good shaking up. God kept a watchful eye on Jesus making sure no harm came to Him.

There are many times in our lives when we are in the wilderness. How do we feel? What do we do? It is good to know that Jesus is there for us and can fully understand our state of mind, body and soul. He will help us as His Father helped him. He is just waiting for us to ask.

Prayer:

Thank you Lord for this season of Lent which gives us all the opportunity to be still and to take in the wonders of creation and be thankful for all you have done for us.

Forgive us Lord for the times we did not appreciate all the gifts you have given to us. We often waste the wonderful gift of water which we so much take for granted.

Lord help us to realise that it is often in our darkness that we can be strengthened and find new clarity to our purpose in life. God often leads us to places we fear most to realise that with him we have nothing to fear.

