

## This Sunday's Gospel Reading 1st Sunday in Lent Year A (Matthew 4: 1-11)

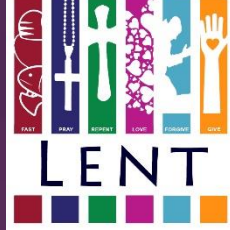
Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, `Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'" Then the devil took him to the holy city, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down; for it is written, `He will give his angels charge of you,' and `On their hands they will bear you up, lest you strike your foot against a stone.'" Jesus said to him, "Again it is written, `You shall not tempt the Lord your God.'" Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Be gone, Satan! for it is written, `You shall worship the Lord your God and him only shall you serve.'" Then the devil left him, and behold, angels came and ministered to him.

**The Gospel of the Lord**

# Prayer One

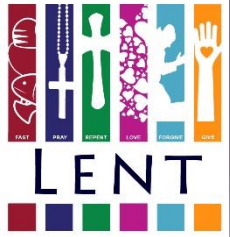
## The Sign of the Cross

Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen



## Reflection

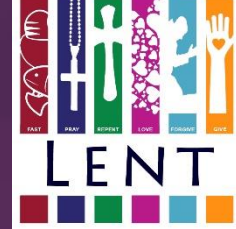
Lent is forty days long because of The  
Temptation in the Wilderness, this weeks  
Gospel story



**Resisting temptation is a key part of Christian life. In fact, it's a key part of life full stop since we are all tempted to do the wrong thing from time to time. In fact, this is a fairly accessible theme since the messages are quite obvious:**

- **What are we tempted to do that's wrong?**
- **Do we resist?**
- **What factors make it easier and harder to resist?**
- **Can you think of a time you have got into trouble for giving in to temptation?**
- **How can we become stronger?**
- **Where do we get our strength from?**

**Temptation isn't just about being tempted to do what's wrong, but also about being tempted not to do what we should be doing. In all things, I suppose, the temptation is to do what's easy rather than what's right It needs strength and integrity to resist.**



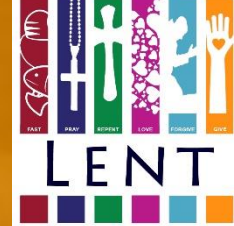
# Final Prayer

**LOVING FATHER...**

**You were always strong for us when we needed you to be, and so we pray that we can be as strong for you.**

**Help us to cling to what is good and to resist what is bad. Give us the wisdom to know the difference, and the courage to choose well.**

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**



# Prayer Two

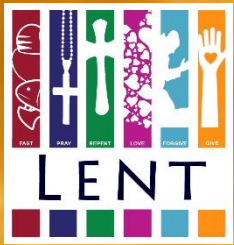
## The Sign of the Cross

**Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen**

### *Reflection*

*We're now a week into Lent, or thereabouts.  
It may have started well for you, or it may  
have been a bit of a rocky beginning.*



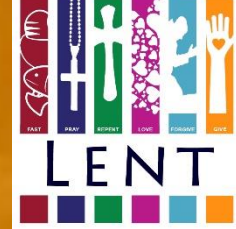


**Maybe you've broken your Lenten promises already? Maybe Ash Wednesday passed you by in a bit of a blur and you didn't actually make any? Maybe you resolved to do things which, on reflection, aren't really that meaningful?**

**The good news is that we all make mistakes and, as long as we're still breathing and conscious, we can always fix them. Nothing is completely unfixable.**

**So, if Lent hasn't started that well for you, make some time to day to make some promises. Think about giving something up. Think about doing something extra. Think about what you would like change for the better in life.**





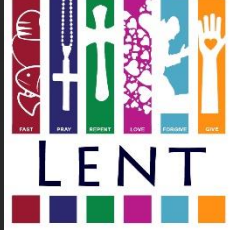
## **LOVING FATHER...**

**You give us Lent as a way of changing ourselves for the better and bringing ourselves closer to you, to others, and to being the people you created us to be. May we make the very best of this season and come to Easter full of love, peace and joy.**

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**







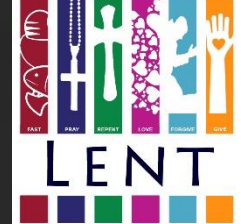
# Prayer Three

## The Sign of the Cross

Let us remember that everything we do is  
In the name of the Father, and of  
the Son, and of the Holy Spirit. Amen

*Reflection:  
Our theme this week is temptation.  
Temptation is all about those things  
in life making us consider choosing  
things that are bad for us over  
things that are good.*

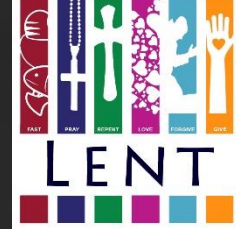




**We need courage and wisdom to resist temptation, but we need other things too. One handy thing we can do is to make sure that there are plenty of positive things in our lives. The more of those we have, the less room there is for the negative things to get a foothold.**

**This week, think about what you do with your spare time.  
Think about your relationships with others.  
Think about how much you pray. Think about what you do that's useful and helpful...?**





# Final Prayer

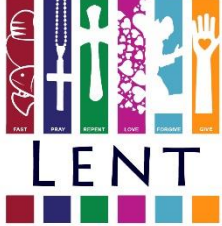
**LOVING FATHER...**

**When you look at us, you don't see disaster and mistakes, but the potential to be something really amazing. Help us to fill our lives with things that are good, and when things come along that aren't so good, help us to react in the right way.**

**IN THE NAME OF THE FATHER, AND OF THE SON,  
AND OF THE HOLY SPIRIT. AMEN.**



# Final Thought...



*Next Weeks Theme: Focus*