

1st Sunday Lent

Luke 4:1-13

'Jesus was led by the Spirit in the wilderness and tempted by the devil'

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry.

The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone."' And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.' And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve."'

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone."' And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test."' And when the devil had ended every temptation, he departed from him until an opportune time.

Reflection

Lent is a chance to step back, reflect, and think about how we live our lives. It's a time to grow closer to God and to others through prayer, fasting, and kindness. Over the next few weeks, we're preparing to celebrate Jesus' ultimate act of love—His death and resurrection.

This Sunday's Gospel reminds us that trusting in God means letting go of the things that distract us, like wanting more power or stuff we don't need. Jesus shows us that loving God and others is what matters most.

Sometimes, it feels like the world is all about more—more stuff, more likes, more of everything. But as St. Oscar Romero said, "Aspire not to have more, but to be more." Lent is the perfect time to work on that.

Take it week by week. This week, think about what might be pulling your focus away from God or helping others. Could you spend less time on social media? Buy less and think about what you actually need? By choosing to serve others and care for the world, we live out God's love. How can you "be more" this Lent?

Materials needed

- Pens
- 40 slips of paper 21 cm x 2.5 cm
- Glue

Activity

Write down the names or situations you wish to pray for during Lent. Place them in a pile, and each day, as you pray for an intention, add the slip to a growing chain. By the end of Lent, you'll have a long chain to hang up, representing all that you have prayed for.

Call to Action

As you build your chain, consider displaying it in your school or Parish as a meaningful reminder of your Lenten journey. Each day of Lent, you could also share one of your intentions as a daily prayer request with your school or Parish community.

