

# 1st Sunday of Lent (Year A)

**Matthew 4:1-11**

## **Jesus fasts for forty days and is tempted.**

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, 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 comes 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 command his angels concerning 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 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 glory. 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 were ministering to him.

## **Reflection**

As we begin the first week of Lent, this Gospel reminds us of Jesus in the wilderness, hungry, tired, and alone, facing real temptations. He could have taken the easy way — turned stones into bread, shown off, or sought power — but he stayed faithful, trusting God above all else.

For us, Lent is our own wilderness season. It's a time to notice the ways we are tempted to take shortcuts in our service, to judge others, or to act out of pride rather than love. Jesus shows us that true strength comes from relying on God, not on what seems easiest or most impressive.

This Lent, let's ask ourselves: where am I tempted to take the easy way? How can I trust God more and serve others faithfully, even when it's hard?

## **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.

