



1st Sunday of Lent

Matt 4:1-11

Then 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.

Some things to think about...

- Jesus fasted (went without food) for forty days and forty nights - this is why every year during Lent, Catholics give something up, or take up something new for that period of time. What do you plan to do this Lent?
- Fasting is part of 3 pillars of Lent, along with prayer and almsgiving (this includes giving to or working with charities).

Activity

With your Mini Vinnie group, share ideas about how you can get involved with the 3 pillars of Lent: Prayer, Fasting and Almsgiving. (add worksheet)
(You can get ideas from the [SVP Heart to Heart Lent Campaign](#))

Teacher's notes

This passage shows the start of Jesus' journey throughout Lent. Jesus was led into the desert to experience temptation as an example to us - Jesus was a human just like us, who could be tempted to make mistakes, but he chose to do the right thing.

He was also asked to prove his power and make his people worship him, but said no. This shows us that Jesus defies expectations of the Messiah as a dominant king figure, and is instead a humble leader who draws people to him with his message of love.

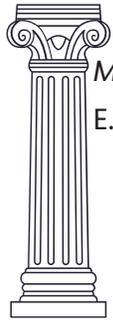
Notes:

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3 Pillars of Lent Activity



The 3 pillars of Lent are Prayer, Fasting and Almsgiving. Using the meanings and examples below, choose what you will get involved with this Lent.



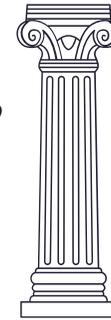
Prayer

*Making time to listen to and talk to God.
E.g. "I will pray every morning during Lent."*



Fasting

*Giving something up to create space for God and to better understand those who go without.
E.g. "This Lent I am giving up chocolate/my favourite video game..."*



Almsgiving

*To share God's gifts (money, time, talents) with those in need.
E.g. "I will raise money for the SVP/my local charity by..."/ "I will donate my old toys/ "I will help my grandparents with..."*

Pledge - This Lent, I will...

Prayer



Fasting



Almsgiving



After Lent:



How did it go? How many did you complete?



What did you learn from it?



Will you continue these after Lent e.g. prayer, almsgiving?