

OTHER WORDS TO RECALL THIS WEEK

During this first week of Lent as you journey with Jesus, you could take time to recall other words from the Psalm of this week.

Be with me O Lord when I am distressed

Lord you are my refuge my stronghold

Lord you protect me

You know my name

You are always with me



LIVING WORD

WEEK 1: With Jesus in the Desert



READ OUT LOUD

FROM THE GOSPEL OF LUKE 4: 1 – 13

Jesus, filled with the Holy Spirit, returned from the Jordan River. The Spirit led Jesus into the desert where the devil tempted Jesus for 40 days. Jesus ate nothing during that time. When those days were ended, he was very hungry.

The devil said to Jesus,

"If you are the Son of God, tell this rock to become bread."

Jesus answered,

"It is written in the Scriptures:

'A person does not live only by eating bread.'"

Then the devil took Jesus and showed him all the kingdoms of the world in a moment of time. The devil said to Jesus,

"I will give you all these kingdoms and all their power and glory. It has all been given to me, and I can give it to anyone I wish. If you worship me, all will be yours."

Jesus answered,

"It is written in the Scriptures:

'You must worship the Lord your God. Serve only him!'"

Then the devil led Jesus to Jerusalem and put him on a high place of the Temple. He said to Jesus,

"If you are the Son of God, jump off!

It is written in the Scriptures:

'He has put his angels in charge of you.

They will watch over you.'

'They will catch you with their hands.

And you will not hit your foot on a rock.'"

Jesus answered,

"But it also says in the Scriptures:

'Do not test the Lord your God.'"

After the devil had tempted Jesus in every way, he went away to wait until a better time.

THE GOSPEL OF THE LORD

PRAISE TO YOU LORD JESUS CHRIST

REFLECT

- What words or phrases strike you in this passage?
- How did the Holy Spirit help Jesus?
- What help do you need from the Holy Spirit as you begin your Lenten journey with Jesus?

RESPOND

As we begin our journey with Jesus for Lent, we pray that the Holy Spirit will help us and give us courage:

Give us your help Holy Spirit

When we want to do things our way and not your way

Give us your help Holy Spirit

When we feel afraid and don't know what to do

Give us your help Holy Spirit

When we think that it's too hard to do the good thing

Give us your help Holy Spirit

When we get tired of being kind and doing what we know is right **Give us your help Holy Spirit**

REST

Now take time to rest with a phrase, repeating it in your heart or out loud. Choose one you are most drawn to:

- Worship the Lord your God
- Serve the Lord alone
- Angels will watch over you

