



1st Sunday of Lent

Genesis 9:8-15
Ps 25:4-9
1 Peter 3:18-22
Mark 1:12-15

Monday March 2
Lev 19:1-2, 11-18
Ps 19:8-10, 15
Matt 25:31-46

Tuesday March 3
Isaiah 55:10-11
Ps 34:4-7, 16-19
Matt 6:7-15

Wednesday March 4
Jonah 3:1-10
Ps 51:3-4, 12-13, 18-19
Luke 11:29-32

Thursday March 5
Esther C:12, 14-16, 23-25
Ps 138:1-3, 7-8
Matt 7:7-12

Friday March 6
Ezekiel 18:21-28
Ps 130:1-8
Matthew 5:20-26

Saturday March 7
Deut 26:16-19
Ps 119:1-2, 4-5, 7-8
Matt 5:43-48

Mark 1:12-15 shows us the first thing that Jesus did after his baptism in the Jordan River: He wrestled with temptation.

His baptism had marked the moment of his complete surrender to the Father's will. As he came from the water, he left behind his old life and began a new life of ministry.

And the next thing that happened was an attack of the devil.

The same pattern repeats itself in our lives. As soon as we experience new growth in our faith, or a new purpose for our faith with a calling to do the Father's will in a wonderful new work of God's kingdom, we run smack into a situation that

tests the strength and sincerity of our faith.

However, if this didn't happen, how would we know that our faith is strong enough for our daily needs? How would we find out that we've spiritually matured? How would we know that we are ready to make a significant difference working for the kingdom of God?

Sometimes without consciously thinking it, we decide that new growth isn't worth the aftermath. If we're going to be tested, and if we fear that we might lose our battle against evil, wouldn't it be better not to grow, not



to partner with Christ in serving God's kingdom, not to aim for spiritual highs?

Well, there's another temptation!

Lent is the perfect time to examine the temptations that we face every day and turn them into new growth that will strengthen our faith.

Every time we face a sin and seek God's forgiveness, we become stronger. And if we take it a step further by walking into the confessional with it, we also receive powerful graces directly from Jesus, through the priest, that will render temptations much more powerless.

And this makes us more useful to God in the mission of conquering evil in the world, helping his kingdom come more fully to earth.

Think of temptations as blessings in disguise: Use them as opportunities to purify your life, become more like Jesus, and grow powerful in the faith.

Reflect & Discuss:

1. How well do you recognize temptation?
2. How quickly do you rely on the faith that God has given you to say no to the devil's tricks?
3. Describe a time when you experienced a spiritual high and then faced a strong temptation.
4. How did you handle it?
5. What role did (or will) Jesus play in overcoming this temptation?