

First Sunday of Lent

Gospel – Adapted from Mark 1:12-15

The Spirit led Jesus into the desert, and he remained in the desert for forty days, where he was tempted by the devil. He was with the wild animals, and angels cared for him.

After John the Baptist had been arrested, Jesus came to Galilee preaching the gospel of God. He said, “This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel.”



Reflection

In today's Gospel, we hear about Jesus spending 40 days in the desert. We have just begun our own 40 days in the desert – Lent. What was Jesus doing in the desert? St. Mark doesn't tell us much, but the other Gospel writers tell us that Jesus was fasting and praying.

Jesus was preparing Himself for His mission through prayer and fasting. This season, we are also preparing ourselves, through extra focused prayer and sacrifices.

Jesus was also tempted. That may make us feel a little better. Even though Jesus is perfect and has no sin, He is also completely human. That means, for example, His body felt the same challenges that we feel. He got hungry, probably very hungry out there in the desert. His body wanted food, and the devil was screaming that desire to Jesus. But His spirit was stronger, and He kept fasting. He got tired. His body wanted to give up this difficult period of prayer in the desert, go down to the village, and get some good rest. But His spirit was stronger, and He finished His personal Lent.

We will experience the same things. We will get tired, the extra prayer will become difficult, we will want to have that thing that we gave up for Lent. We must turn to Jesus. Ask Him to help your spirit to be stronger. If we do, we will be so much stronger by the end of Lent that we will be able to resist temptation better, and come closer to God.



Discussion Questions

How does Lent train us to become stronger?

How does it make you feel to know that Jesus, Who is perfect, experienced temptation?

Vocabulary

- **Fasting** - Giving something up, usually food, for a while, as a sacrifice.
- **Gospel** - The good news of Jesus.
- **Lent** - A special season of prayer and repentance, to call us back closer to God, and help us prepare for Holy Week and Easter.
- **Temptation** - A desire to do something we should not do. Jesus was fasting, but hunger made him feel like eating instead. He did not give in to temptation.

Fill in the blanks

1 We proclaim the _____ because we want everyone to know about Jesus.

2 _____ is a good way to strengthen our spirit by not giving our body something it wants.

3 The season of _____ is a wonderful time to refocus our lives on God.

4 We must always try to resist _____ so that we do not commit sin.

Quiz

1 Who led Jesus into the desert?

- A** The Holy Spirit
- B** The devil
- C** Mary
- D** Elijah

2 How long was Jesus in the desert fasting and praying?

- A** One week
- B** One month
- C** 40 days
- D** 65 days

3 Which season lasts forty days and leads up to Easter?

- A** Advent
- B** Christmas
- C** Lent
- D** Pentecost

First Sunday of Lent

M R G T I E Z M Q T L Q A N C
Q U W N I J O Y E E B J F O B
E N K E D E D M P D O L G J M
D Z C P Z Y P S S I Z Z Y C P
O B K E V T O R R U E L B U Y
W T B R A G L V R Q G P L B Q
S K I T Q S Y K Q E H S V H P
D Z I G N I T S A F Y W Z V M
U O E M X Q P T T F V A R R Y
N N Z U Q M B P F B X U R W O
G M P D J S R A N A R Q F P N
L H J E U Z T Z R L X Y P O D
W K W Q P S C P S Q O L X G G
W I F L E N T A Z X V R V A T
Z U Q L L X E R S T A F A D F

FASTING

GOSPEL

LENT

PRAYER

REPENT

TEMPTATION

Answers:

Fill in the blanks

- 1** Gospel
- 2** Fasting
- 3** Lent
- 4** Temptation

Quiz

- 1** A – The Holy Spirit
- 2** C – 40 days
- 3** C – Lent



