

## 1<sup>st</sup> Sunday of Lent

Deuteronomy 26:4-10  
Ps 91:1-2,10-15  
Romans 10:8-13  
Luke 4:1-13

### Monday March 7

Leviticus 19:1-2,11-18  
Ps 19:8-10,15  
Matthew 25:31-46

### Tuesday March 8

Isaiah 55:10-11  
Ps 34:4-7,16-19  
Matthew 6:7-15

### Wednesday March 9

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

### Thursday March 10

Esther C:12,14-16,23-25  
Ps 138:1-2-3,7c-8  
Matthew 7:7-12

### Friday March 11

Ezra 18:21-28  
Ps 130:1-8  
Matthew 5:20-26

### Saturday March 12

Deuteronomy 26:16-19  
Ps 119:1-2,4-5,7-8  
Matthew 5:43-48

Jesus' life is our life if we're sincere about our faith. We unite ourselves to him by receiving his body and blood in the Eucharist. We meet him in the scriptures and walk with him on the path to heaven.

During Lent, the readings help us with this journey if we listen with an ear that recognizes our personal connections to Christ.

This Sunday, we journey with Jesus into the desert. Consider your own struggles with temptation; reflect on how sin makes your life feel barren and dry like a desert.

By walking with Jesus, we unite ourselves to his victory over the devil. In our efforts to remain united to him, we reject Satan and choose holiness. The Church helps us by giving us ways to improve our self-discipline: fasting and abstinence, alms-giving, reconciliation services, faith formation events, reading materials, and more.

Every meal and meat that we give up for Lent, every sin that we confess in the Sacrament of Reconciliation, every sacrifice of time that we make to add more prayer and spiritual reading to our daily life, and every other Lenten activity is a practice of self-denial that unites us to Jesus in the desert.

Jesus fasted from food and other physical comforts during his battle with the devil, and this strategy strengthened him and prepared him for the ministry that came afterward. This is what Lent should be for us, too.



Satan is not someone to fear. Jesus already defeated all demons on our behalf, first in the desert and then on the cross. Our battle is really only against temptation and our personal weaknesses that make us vulnerable to succumbing to sin.

We don't always want to follow Jesus. This is what we must surrender to God during Lent. Then Easter will be far more meaningful, because we will emerge from Lent much stronger in our faith.

### Reflect & Discuss:

1. How have you been succumbing to temptation? Don't be afraid to face it. Guilt is not what Jesus wants from you. What he does want is your desire to receive his help in overcoming temptation. He's waiting for you in the Sacrament of Reconciliation.
2. How do you know that the Sacrament of Reconciliation really works?
3. How is it more than just a confession of your sins?
4. How has it helped you grow stronger in faith?