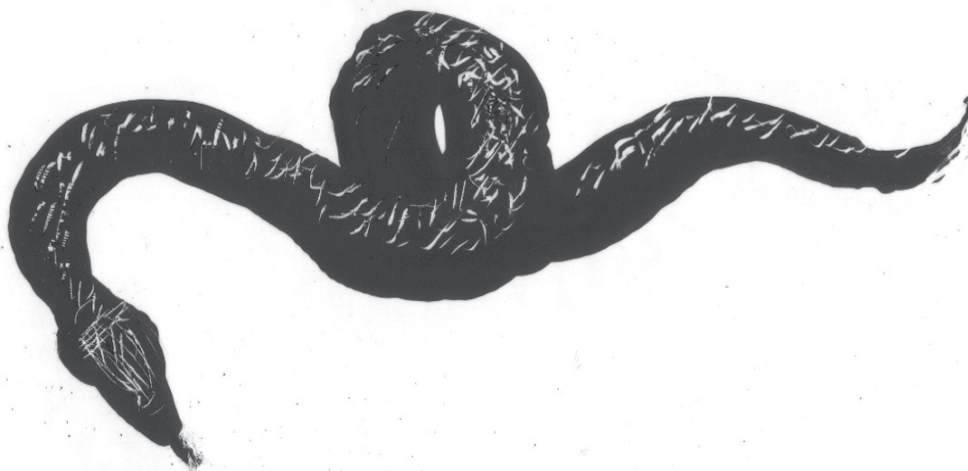


1ST SUNDAY OF LENT
✠ YEAR C ✠

RESISTING TEMPTATION



READINGS FOR THE FIRST SUNDAY OF LENT

FIRST READING

- Deuteronomy 26:4-10 -

Moses spoke to the people, saying: "The priest shall receive the basket from you and shall set it in front of the altar of the LORD, your God. Then you shall declare before the LORD, your God, 'My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the LORD, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore I have now brought you the first fruits of the products of the soil which you, O LORD, have given me.' And having set them before the LORD, your God, you shall bow down in his presence."

RESPONSORIAL PSALM

- Psalm 91:1-2, 10-11, 12-13, 14-15 -

R: Be with me, Lord, when I am in trouble.

You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty, say to the LORD, "My refuge and fortress, My God in whom I trust."

R:

No evil shall befall you, nor shall affliction come near your tent, for to his angels he has given command about you, that they guard you in all your ways.

R:

Upon their hands they shall bear you up, lest you dash your foot against a stone.

You shall tread upon the asp and the viper;
you shall trample down the lion and the dragon.

R:

Because he clings to me, I will deliver him; I will set him on high because he acknowledges my name. He shall call upon me, and I will answer him; I will be with him in distress; I will deliver him and glorify him.

R:

SECOND READING

- Romans 10:8-13 -

Brothers and sisters: What does Scripture say? The word is near you, / in your mouth and in your heart / —that is, the word of faith that we preach— for, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For the Scripture says No one who believes in him will be put to shame. For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For "everyone who calls on the name of the Lord will be saved."

GOSPEL

- Luke 4:1-13 -

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." Jesus answered him, "It is written, One does not live on bread alone." Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours if you worship me." Jesus said to him in reply, "It is written: You shall worship the Lord, your God, and him alone shall you serve." Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written: He will command his angels concerning you, to guard you, and: With their hands they will support you, lest you dash your foot against a stone." Jesus said to him in reply, "It also says, You shall not put the Lord, your God, to the test." When the devil had finished every temptation, he departed from him for a time.

Sunday

OPENING PRAYER

Hear my words, O Lord; listen to my sighing.
 Hear my cry for help, my king, my God!
 To you I pray, O Lord; at dawn you will hear my cry;
 at dawn I will be pleased before you and wait.

You are not a god who delights in evil;
 no wicked person finds refuge with you;
 the arrogant cannot stand before you.
 You hate all who do evil...

But I can enter your house because of your great love.
 I can worship in your holy temple
 because of my reverence for you, Lord.
 Guide me in your justice because of my foes;
 make straight your way before me. Amen.

—Psalm 5:1-6, 8-9



LECTIO DIVINA ✨ SACRED READING OF SCRIPTURE



Feel free to take notes on the video reflection in the space below.

LECTIO DIVINA ✨ MEDITATION

In what three ways did Satan tempt Jesus, and how does Satan use these same tactics to tempt us today?

Jesus responded to temptation using the Word of God. How are the Scriptures an important weapon and defense in our battle against temptation?

LECTIO DIVINA ✨ PRAYER & RESOLUTION

PRAYER: Prayerfully put yourself in today’s Gospel reading. Imagine that you are present in the desert; you witness Satan tempting Jesus and Jesus faithfully resisting each of the three temptations. Next imagine that each temptation is presented directly to you. The devil tells you that (1) you are not really a child of God; (2) you can have anything you want in the world by turning away from God, and (3) you don’t have to follow God’s plan for your life but can choose an easier way instead. How would you respond to each of these temptations?

RESOLUTION: Prayerfully consider which of these temptations is most difficult for you to resist. Why is it? What can you do this week to resist this temptation more in your life?

“This is why Christ vanquished the Tempter for us: ‘For we have not a high priest who is unable to sympathize with our weaknesses, but one who in every respect has been tested as we are, yet without sinning’ (Hebrews 4:15). By the solemn forty days of Lent the Church unites herself each year to the mystery of Jesus in the desert.”—CCC, 540

Monday

Reread last Sunday's first reading from Deuteronomy 26:4-10. This passage is a summary of Israel's identity—a chosen nation, ransomed by God. How does this passage help you be more secure and confident in your identity—a child of God, chosen and ransomed?

"It is better to be the child of God than king of the whole world." —St. Aloysius Gonzaga

Tuesday

In last Sunday's Gospel reading we hear Jesus quoting Deuteronomy 6:16: "You shall not put the Lord, your God, to the test" (Luke 4:12). In what ways have you tested God in the past? In your prayer time today, ask for the grace to be humble and obedient rather than putting God to the test in the future.

"By obeying we raise ourselves beyond our littleness and we can act in conformity with an infinite wisdom....Through obedience we become infinitely powerful." —St. Maximilian Kolbe

Wednesday

In last Sunday's second reading, St. Paul quotes Deuteronomy 30:14 saying, "The word is near you, in your mouth and in your heart—that is, the word of faith that we preach" (Romans 10:8). What can you do this week to consciously keep the Word of God in your mouth and in your heart?

"Lent stimulates us to let the Word of God penetrate our life and in this way to know the fundamental truth: who we are, where we come from, where we must go, what path we must take in life."—Pope Benedict XVI

Thursday

In last Sunday's first reading from Deuteronomy 26:4-10, we read about how the Israelites were commanded to bring their first fruits before God. How can you offer God your "first fruits" this week?

"Honor the Lord with your wealth, with first fruits of all your produce; then will your barns be filled with grain, with new wine your vats will overflow."

—Proverbs 3:9-10

Friday

Last Sunday's second reading from Romans 10:8-13 reminds us that faith is a matter both for private conviction and public profession and action: "For one believes with the heart and so is justified, and one confesses with the mouth and so is saved" (Romans 10:10). Are you both believing in your heart and confessing with your mouth? What can you do to improve in either or both areas?

"Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven, but only the one who does the will of my Father in heaven."

—Matthew 7:21

Saturday

The responsorial psalm from last Sunday tells us, "for to his angels he has given command about you, that they guard you in all your ways" (Psalm 91:11). When have you experienced the protection of your guardian angel? How can you be more aware of this constant guard over you?

"When tempted, invoke your Angel. He is more eager to help you than you are to be helped! Ignore the devil and do not be afraid of him; he trembles and flees at the sight of your Guardian Angel." —St. John Bosco