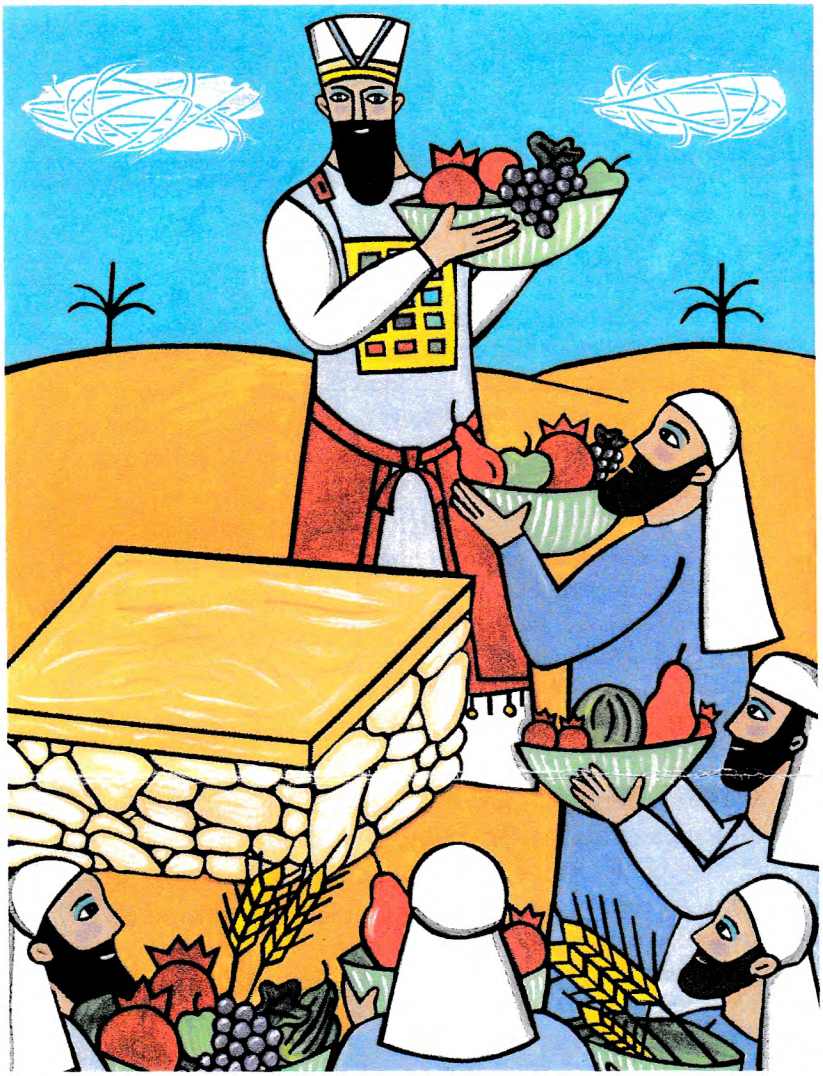
FIRST SUNDAY OF LENT



Lenten Journey

Lord God,
you invite us to enter into these desert
days of Lent.
Your Son was filled with the Holy Spirit
and then led into the wilderness,
where he experienced the emptiness
of hunger,
and faced temptations from the devil.
When we stumble and find this
journey difficult,
because we are overwhelmed by our
needs and desires,
or seek to find a quick escape
from troubles,
help us to turn to you in our time
of want.
We ask that you draw us closer to you,
so that we may find nourishment in
your Word,
during these forty days of Lent.
We ask this through Christ our Lord.
Amen.

Sunday, March 10, 2019

Journey with the Word

Today's readings: Deuteronomy 26:4–10; Psalm 91:1–2, 10–11, 12, 13, 14, 15; Romans 10:8–13; Luke 4:1–13. As a people and as individuals, we turn to God in times of want and in times of plenty, as we live out our covenant relationship. Moses instructs the people to bring their baskets filled with products of the soil to offer at the altar of the Lord, and then to declare before God all he has done for them, from their days of wandering in Egypt to being led to a land flowing with milk and honey. These are the events that have shaped them as a people. As they confessed their faith, they acknowledged all that God had given to them. Following this proclamation, they bow down in the presence of the Lord.

Jesus is led into the desert to take the journey of his people. A journey of testing and purification. Testing whether Jesus will use his divine power, the devil says, "If you are the Son of God . . ." Jesus responds with words from Scripture, words that give him power and strength. After the temptations are faced, the angels come to wait upon Jesus. Entering into these forty days, be open to discovering the blessings of God's Word, allowing its wisdom to provide you with strength and protection. What passages from the Bible provide peace to you? Which ones give you consolation in times of sadness or joy in the awe and wonder of God?

THIS WEEK AT HOME

Monday, March 11
The Least among Us

Who would you consider to be the least among us? Those with no voice or power? The poor, the weak and marginalized? The aged or the young and innocent? The Gospel invites us to see the face of Christ in the people who have little status. Who in your family or neighborhood is in need of a smile, a hug, a conversation, or a warm meal? Who would enjoy hearing from you? Make time for them this week. *Today's Readings: Leviticus 19:1–2, 11–18; Psalm 19:8, 9, 10, 15; Matthew 25:31–46.*

Tuesday, March 12
Your Will Be Done

When the disciples asked Jesus to teach them to pray, he taught them the prayer that we know as the Our Father or Lord's Prayer. Sometimes we say this prayer giving little thought to its words. We pray, "your kingdom come, your will be done on earth as it is in heaven." In heaven, God's will is obeyed perfectly. What would our world be like if his will were obeyed on earth? *Today's Readings: Isaiah 55:10–11; Psalm 34:4–5, 6–7, 16–17, 18–19; Matthew 6:7–15.*

Wednesday, March 13
Repent

When Jonah, brought the message to repent to the people of Nineveh, they listened and turned away from sin. Jesus has revealed God and his Kingdom to us. What is your response? Have you allowed his Word to transform you? The *Catechism of the Catholic Church* states that an examination of conscience is a "prayerful self-reflection on our words and deeds in the light of the Gospel to determine how we may have sinned against God." As a preparation for the Sacrament of Reconciliation, make an examination of conscience, considering where you have not listened to the voice of God. *Today's Readings: Jonah 3:1–10; Psalm 51:3–4, 12–13, 18–19; Luke 11:29–32.*

Thursday, March 14
Seek and Find

How do you pray and speak with God? Jesus offers these instructions: to ask, to seek, and to find. Is it difficult for you to ask for something from God? Is there something that you are struggling with in your life? Write in your Lenten journal what you are most in need of at this moment. Think about where you turn to seek answers when you face problems or difficult situations. Is God a part of the solution? Ask the Lord to give you peace and to find his will for you this day. *Today's Readings: Esther C:12, 14–16, 23–25; Psalm 138:1–2, 2–3, 7–8; Matthew 7:7–12.*

Friday, March 15
Difficult and Messy

We do not need to look too far to know that relationships are difficult and life can be messy. Within every family, group, or community, there are instances of tension. How do we bring acceptance and understanding to those situations? We are called to make peace and to reconcile with one another. Let us ask God to help us bring his mercy and compassion, his peace and his love to every conversation and every corner of our world this week. *Today's Readings: Ezekiel 18:21–28; Psalm 130:1–2, 3–4, 4–6, 7–8; Matthew 5:20–25.*

Saturday, March 16
Difficult Love

Love your enemies. It is easy for us to love those who love us, but loving those who have harmed us is difficult. Loving our enemies is countercultural, so we look different than the rest of the world when we love this way. Who will help us love like this? God will give us everything we need to follow him. Spend time in prayer today asking God to forgive those who have caused hurt, pain, and injury in your life. *Today's Readings: Deuteronomy 26:16–19; Psalm 119:1–2, 4–5, 7–8; Matthew 5:43–48.*

LTP

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