

'Lent is a powerful season, a turning point that can foster change in each of us. Let us deny ourselves something every day to help others.' Pope Francis



Lent is a time to pray more, help those in need and fast. Fasting may mean that you give up bad habits not just food – remember to make your actions benefit others.

Post-it challenge:

Use the LOL (Love out Loud) Calendar in your classroom to be inspired: Write a promise to look at it each day and make the changes in yourself.

Let us pray:

Lord, help us to be strong in our resolutions for Lent. Let everything we do or do not do, be for the benefit of others. Allow us to spread ripples of happiness around this school and our homes during this Lenten season so that we show God's great love for us in our thoughts, our words and our actions. We ask this in Jesus name. Amen



Gospel

**1st Sunday of Lent, Year A
The temptation in the wilderness**

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time, he ate nothing and at the end he was hungry. The devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' Jesus replied

'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him,

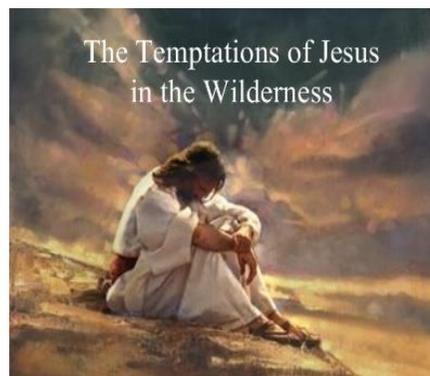
'Scripture says, you must worship the Lord your God, and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said to him 'throw yourself down from here, for scripture says: He will put his angels in charge of you to guard you, and again: They will hold you up on their hands in case you hurt your foot against a stone.' Jesus answered,

'It has been said: You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

Matthew 4:1-11



Reflection:

In the gospel we learn that Jesus spent 40 days and night in the desert in a time of fasting and reflection. At the end of that time, when he was feeling weak with hunger and very vulnerable, the devil came to tempt him. To resist the temptation of doing the wrong thing Jesus quoted words from Scripture showing how much he believed in God's word. During Lent we should turn away from 'temptation' or doing the wrong thing. We should live our lives in a way that allows others to know about God's love.

LOVE IS PATIENT
love is kind love is not jealous or boastful
IT IS NOT love does not insist on its own way
ARROGANT OR RUDE irritable or resentful
LOVE BEARS ALL THINGS
believes all things
HOPES endures
all things all things
LOVE NEVER ENDS

How well can we do this?

Am I...

- ...kind?
- ...patient?
- Do I...
- ...get jealous?
- ...boast about how great I am, or the amazing things that I have?
- Am I...
- ...rude? Or mean?
- ...selfish? Do I share?
- Do I...
- say sorry and admit when I am wrong?

Am I...

- ...quick tempered?
- Do I...
- ...keep a record of wrongs that others do?
- Do I...
- ...tell the truth?
- Am I...
- ...supportive, loyal, hopeful, trusting?