

OTHER WORDS TO RECALL THIS WEEK

During this first week of Lent as you journey with Jesus, you could take time to recall other words from the Psalm of this week and use these to keep a close connection with Jesus as you work and pray.

Have mercy on me, God, in your kindness.

Put a steadfast spirit within me.

Give me again the joy of your help.

Do not cast me away from your presence.

With a spirit of fervour sustain me.



LIVING WORD

WEEK 1: Scripture says



READ OUT LOUD FROM THE GOSPEL OF MATTHEW 4: 1 – 11

Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

He fasted for forty days and forty nights, and afterwards he was famished.

The tempter came and said to him,

'If you are the Son of God, command these stones to become loaves of bread.'

But he answered,
'It is written,

*"we do not live by bread alone,
but by every word that comes from the mouth of God."*

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him,

'If you are the Son of God, throw yourself down; for it is written,

Jesus said to him,

'Again it is written, "Do not put the Lord your God to the test."

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him,

'All these I will give you, if you will fall down and worship me.'

Jesus said to him,

'Away with you, Satan! for it is written,

"Worship the Lord your God, and serve only him."

Then the devil left him, and suddenly angels came and waited on him

THE GOSPEL OF THE LORD PRAISE TO YOU LORD JESUS CHRIST



REFLECT

- What words or phrases strike you in this passage?
- How did the devil use scripture to tempt Jesus?
- How might scripture help you this Lent to tune into how God wants to support you?

RESPOND



As we begin our journey with Jesus for Lent, we pray that God's spirit will guide us and direct us: **Guide us by your spirit**

When we are becoming bored with the journey and are tempted to give up **Guide us by your spirit**

When rely more on ourselves than your word and your presence **Guide us by your spirit**

When we begin to build our own kingdoms and forget your Kingdom **Guide us by your spirit**

When we get worn out by doing the right thing and need new energy **Guide us by your spirit**



REST

Now take time to rest with a phrase, repeating it in your heart or out loud. Choose one you are most drawn to:

- We do not live by bread alone
- Do not put the Lord your God to the test
- Worship the Lord your God