

Getting Ready for Sunday!



**First Sunday of Lent**

# The Season of Lent

Lent begins on Ash Wednesday and continues for forty days.

Jesus spent forty days getting ready for all that led up to Easter by praying and fasting. We follow the example of Jesus during Lent.

During Lent we:

- Pray
- Fast
- Help others

We **REPENT** during Lent.

The word **REPENT** means to change so that we become more like Jesus.



THE TEMPTATION OF  
JESUS

Matt. 4:1-11

**Then 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.**



**Jesus was tempted when he was trying to spend time with the Father!**

**We're often tempted when we are trying to give time to God by doing the right thing!**

**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:

*One does 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, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."*

**How many times are you tempted to do what is wrong and selfish each day?**

**What do you need to change to become less selfish?**



**Jesus said to him:**

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



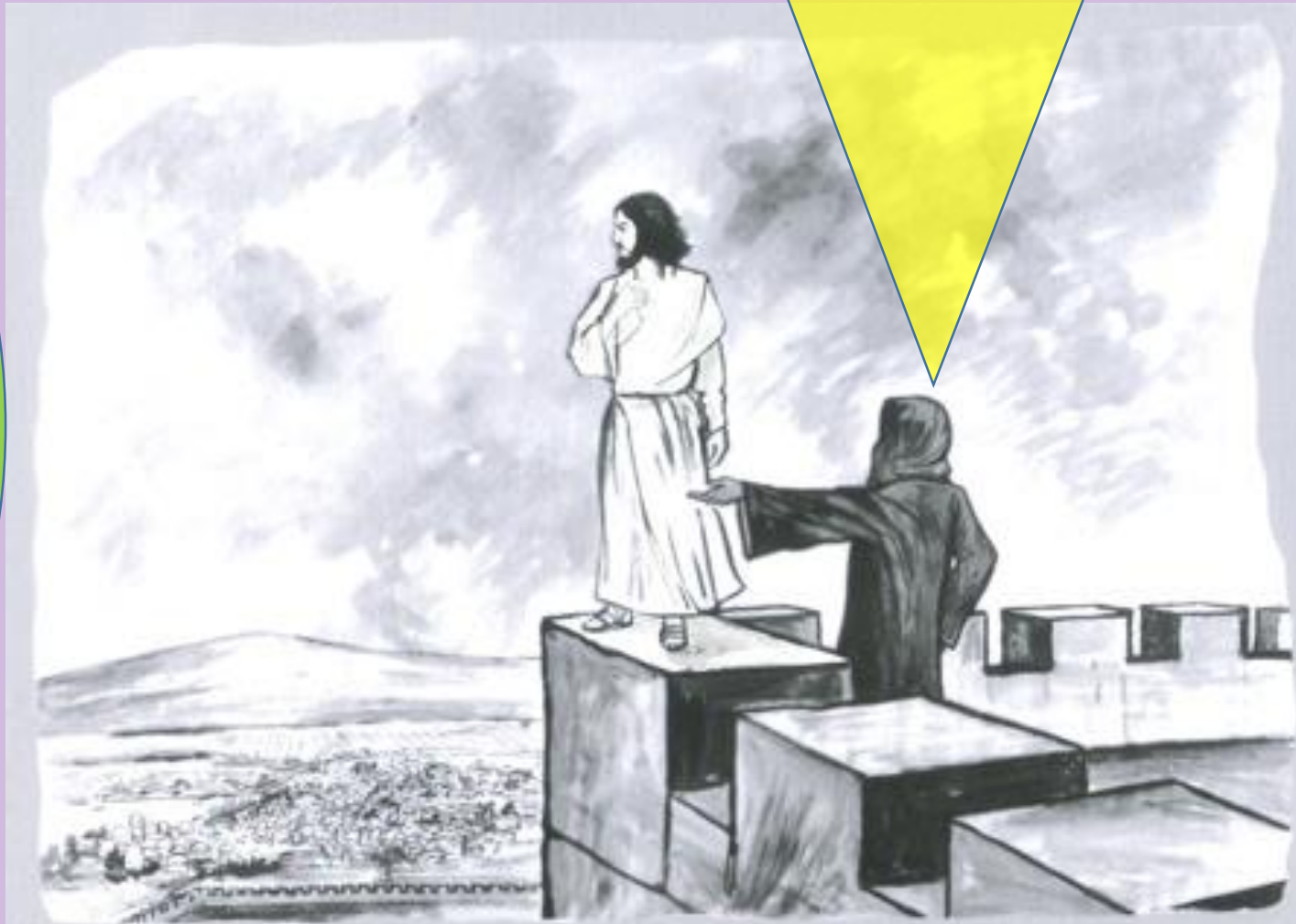


**Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him:**

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

**When Jesus was hungry and tired he was tempted to give into what He wanted!**

**However, He knew that it was not God's voice that was speaking, so He did not give into temptation to do wrong!**



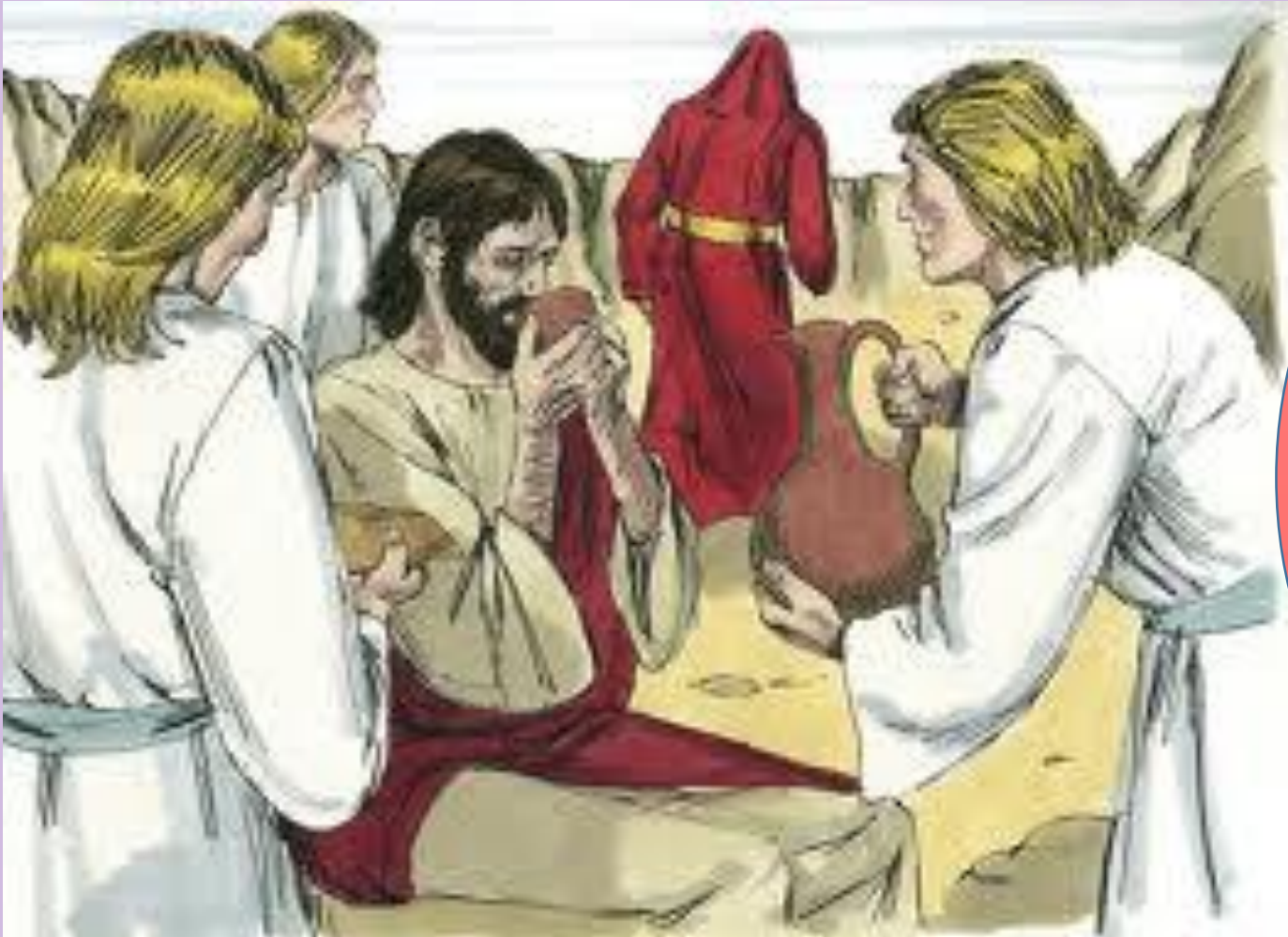
Jesus said to him:

*Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."*

**Jesus pushed the bad thoughts away and did what was right!**



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



**Once Jesus pushed bad thoughts away from Him, He was ready to receive God's help again!**

**What is getting between you and God?**

Bible Search

Read **Matthew 4:1-11**  
in your family Bible-this is  
the Gospel reading at Mass this Sunday.



# Consider



**What do you need to change in your life during Lent?**

## Praying to Jesus



**Pray for the grace to know what is the right thing to do.**

