

FEBRUARY 14, 2016

FIRST SUNDAY OF LENT



DEUTERONOMY 26:4-10

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

ROMANS 10:8-13

LUKE 4:1-13

REFLECTION

We begin the Lenten Gospel readings with Jesus being tempted by the Devil. The Devil knew that Jesus was hungry since he had not eaten for a long time. The Devil comes at Jesus when he is vulnerable and reminds Jesus that he could easily turn the stone into bread to satisfy his hunger. The Devil next offers Jesus power and glory. All Jesus had to do was worship the Devil, which really is turning away from God. Lastly the Devil asks Jesus to prove to him he was the Son of God by jumping off top of the temple and having the angels save him. The Devil offered food, power, and notoriety, yet Jesus saw through the temptation and combated the words of the Devil with the Word of God. If Jesus said yes to any of the Devil's temptations Jesus would have been stepping away from God's plan for him. The act of making bread out of stone would have been Jesus using his gifts for himself instead of for others. Instead, Jesus later chooses to multiply bread for others who were hungry. If Jesus chose power over God, the Devil would have derailed Jesus from sharing and being the Word of God to those on earth. The last temptation in a sense is a reminder to Jesus that he has the power not to go through the suffering the Cross will bring him. The Devil is tempting Jesus to take the easy way out. Giving in to any of the temptations would have been Jesus not trusting in the Father and God's plan for humanity. Yet interestingly enough, it was the Spirit that brought Jesus to the desert. Jesus had to go through the temptations to come out stronger. Now when we go through temptations that lead us down the wrong path, we can look to Jesus for strength. We can turn to the Word of God as way to stay on track just like Jesus did.

ACTION

Lent is a time to take inventory of our lives and to see where we need to get back on track. Take a look at your life and really be honest about what tempts you to do wrong. Take a look at where you are not following the Word of God and with what you are not trusting God with about your life. Write it down and then make a Lenten plan. Replace one bad habit this week with a positive one more in line with the Word of God.



JOURNALING QUESTIONS



- What tempts you to do wrong? How can you stay strong when that temptation comes?