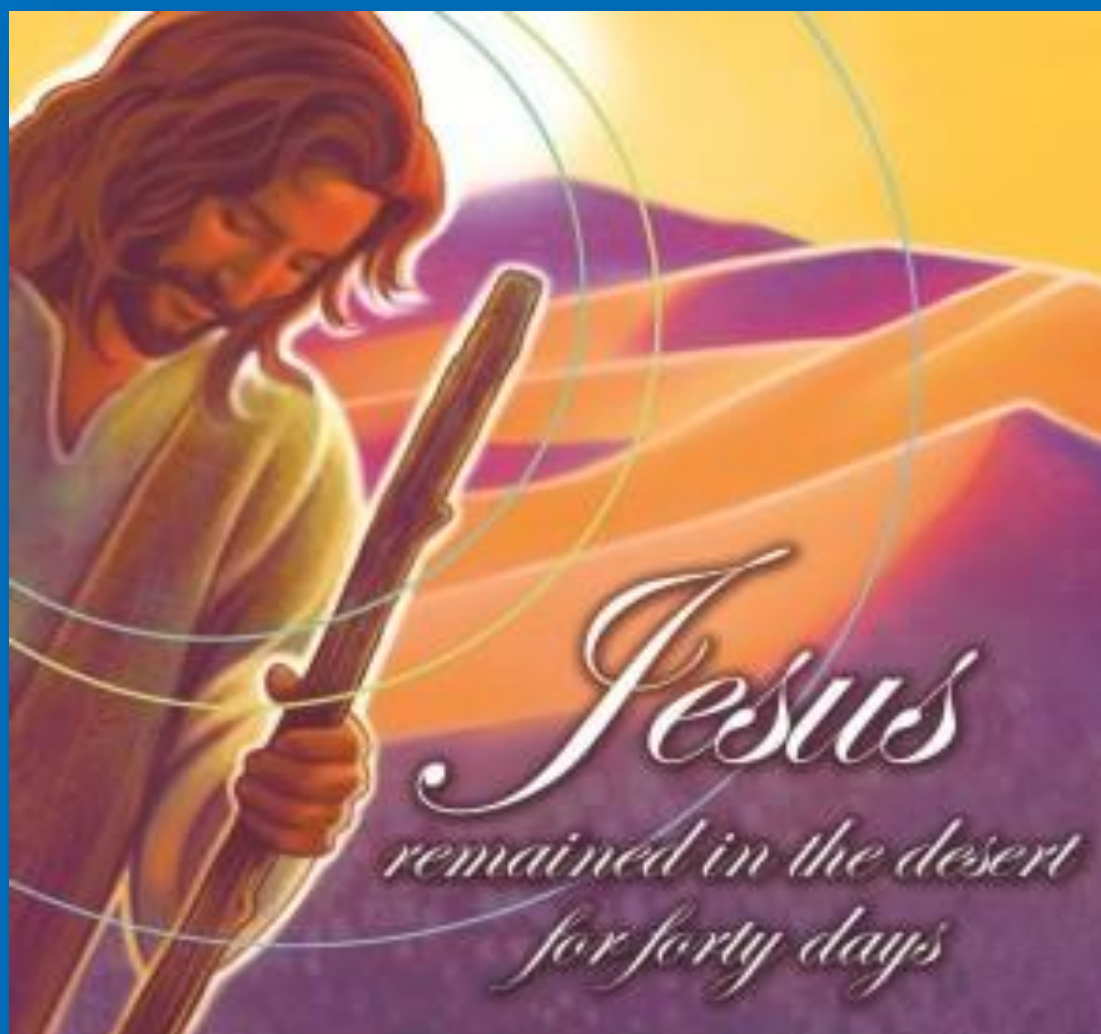


# Our Lady of Peace School

**With Christ in our hearts, together we grow**

**First Sunday of Lent Year A**

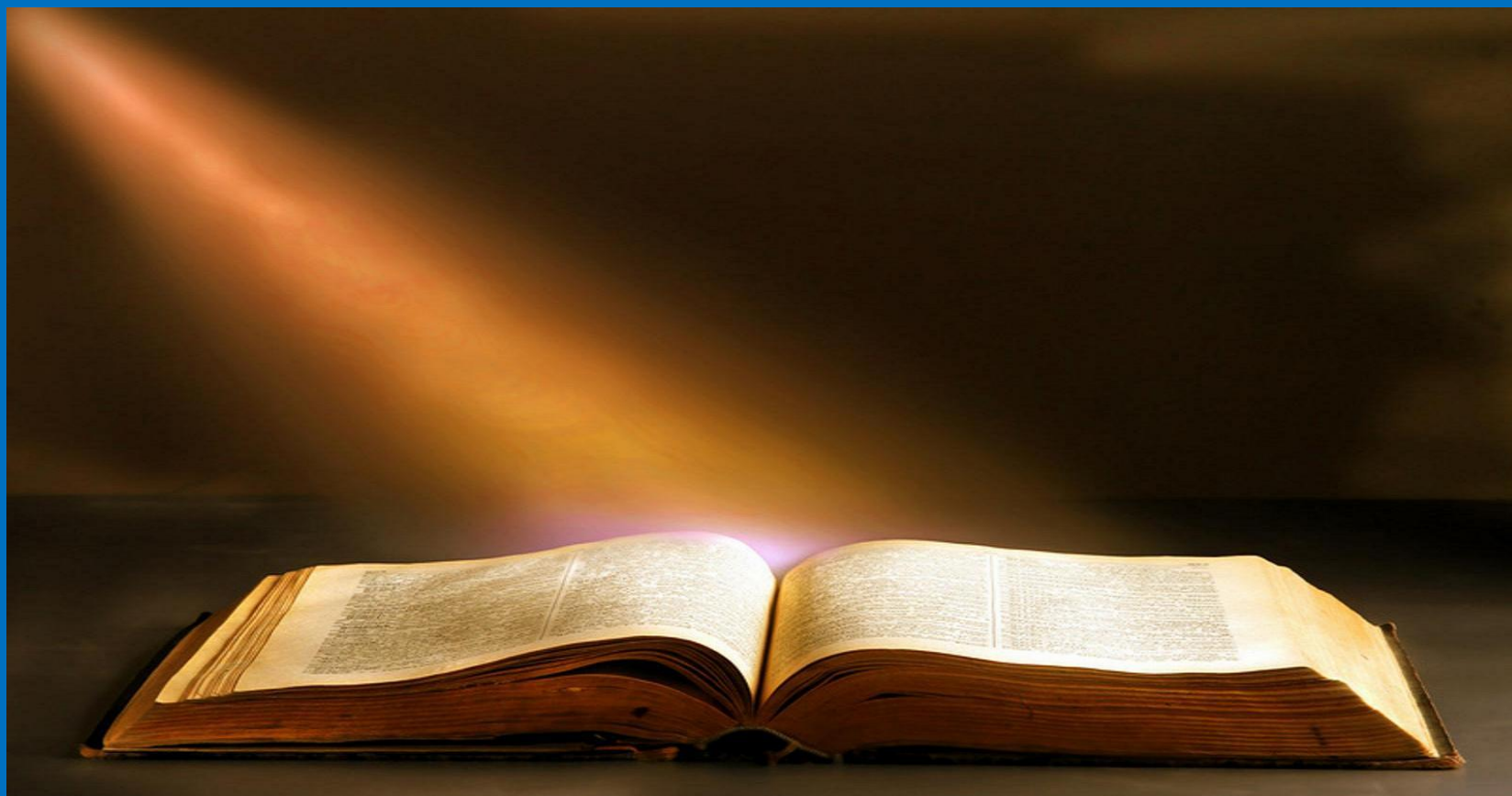
**Matthew 4:**



# Introduction

Yesterday was the first Sunday in the season of Lent. The word Lent comes from a very old word which means springtime. It is the time of year when the days become longer as summer gets closer. Lent begins on Ash Wednesday and lasts for forty days. Over the next few weeks the readings we will hear encourage us to say “yes” to God and “no” to our own selfishness.

# Gospel Acclamation



# Gospel Acclamation

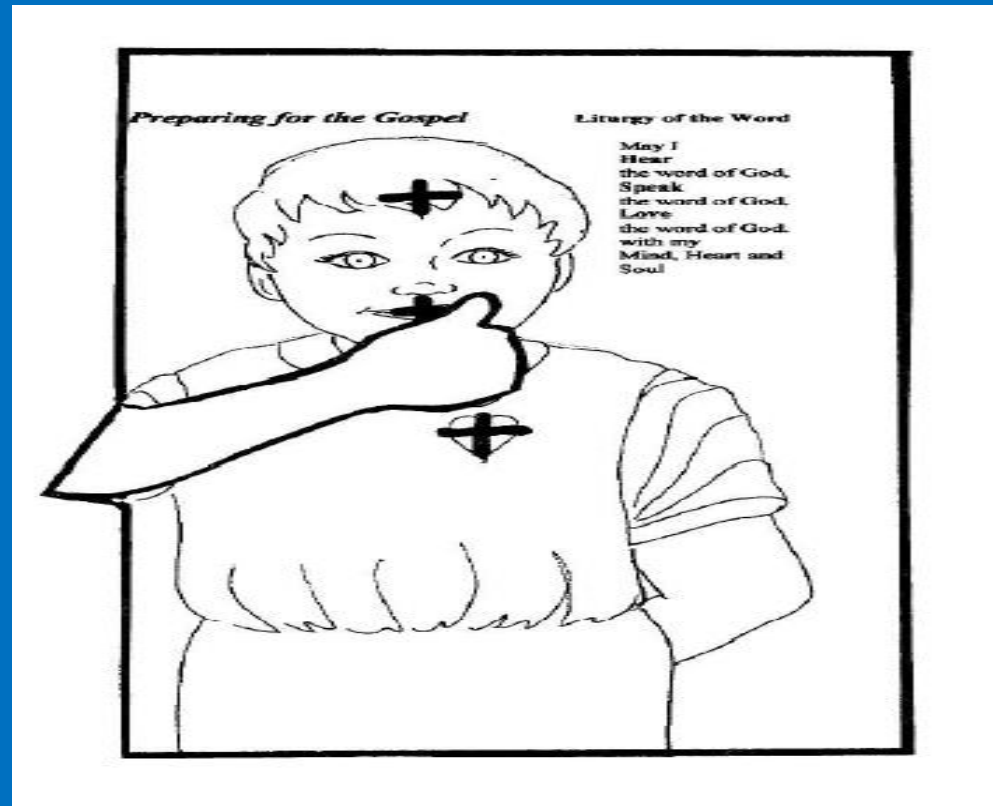
**Praise, praise, praise the Lord,  
Praise our Father dear.  
As we listen to His word,  
feel His Spirit near.**

The Lord be with you

**Response: And with your spirit.**

A reading from the holy Gospel according  
to Matthew

**Response: Glory to you, O Lord**



# Luke 4:1-13

Filled with the Holy Spirit, Jesus went into the desert to pray and be close to God.

He stayed there for forty days and during that time He had nothing to eat because He was fasting. He looked at the stones around him and knew that He could change them to bread; but He chose not to.

As He walked through the desert he knew that He could make himself king over all the land but He chose not to. When the forty days had past, Jesus went to the temple in Jerusalem and climbed the stairs to the roof top. He knew that if He jumped from the roof top, God would save Him, but He chose not to.

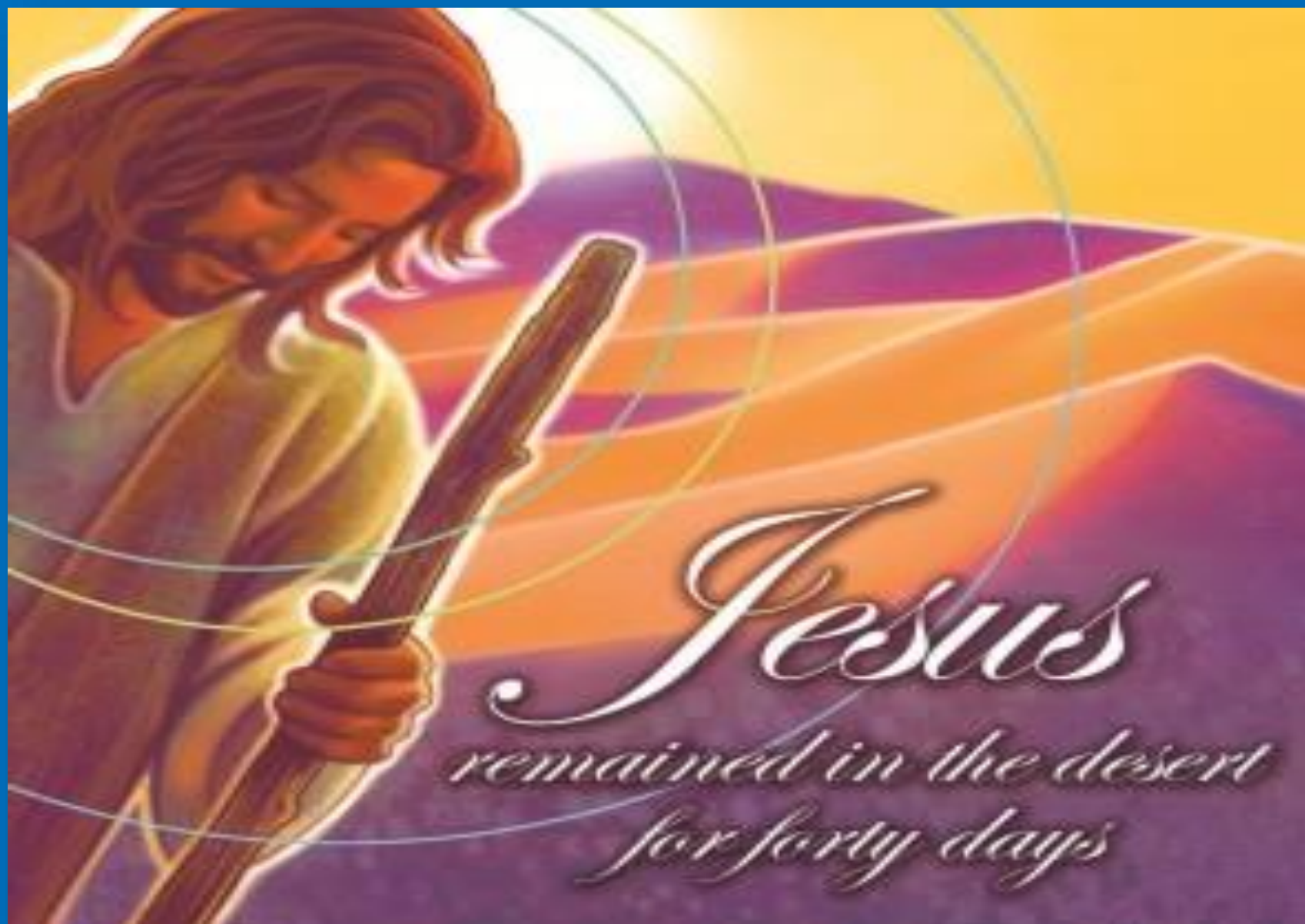


# The Gospel of the Lord

## Response: **Praise to you, Lord Jesus Christ**







# Reflection 1

How many days did Jesus spend in the desert?

Forty days is a long time! How many weeks are there in forty days?

There are almost 6 full weeks in forty days.

Jesus went to the desert to be close to God and to think.

What do we call the time of the year when we spend 6 weeks looking carefully at our lives and trying to grow closer to God?

Lent is the time when we stop and think about our lives, and turn back to God if we have wandered away from His love.



# Reflection 2

During the 6 weeks of Lent , we try to do something for God, to show how much we love Him. It is a chance to say sorry for our mistakes we have made and to make a fresh start.

Did Jesus find it easy in the desert?

On several occasions Jesus was tempted to take the easy way out, but He chose not to. During Lent we too will find it hard when we feel tempted to give up, but we must try not to.



# Reflection 3

- Can you remember the three temptations which Jesus refused?
- 1. To turn stones into bread. Jesus knew that God would provide Him with everything He needed, and that He had been sent to take care of the needs of other people.
- 2. To become King of all the land. God is the king of all creation, and Jesus knew that God's kingdom was more important than anything on earth.
- 3. To jump off the roof of the temple and test God's love. Jesus trusted in His Father's great love; He did not need to ask God to prove it.







# Reflection 4

What can we learn from Sunday's Gospel reading?

Jesus showed us the importance of spending some time looking at the good and bad things in our lives, and growing closer to God through prayer.

Like us, He did not find it easy to do, but with God's help He was able to choose to do the right thing, and to turn away from temptation. With help from our heavenly Father we can do the same!



# Closing Prayer

Lord Jesus,

You never gave up even when you found it most difficult.

During the six weeks of Lent, help us to be strong and to keep our promises as a sign of our love for you.

With Christ in our hearts, together we grow.

Amen

# Acknowledgement

- Words were taken from;
- The Complete Children's Liturgy.
- First Published in 1995 by Kevin Mayhew LTD
- Copyright -1995 Kevin Mayhew Ltd.
- ISBN 0 86209 63 7
- "Reproduced by permission of Kevin Mayhew Ltd, Licence no: KMAL240119/01".