

Here's a text if you've only a minute ...

The Lord heard our voice and saw our misery. *First Reading*

Be with me, O Lord, in my distress. *Psalm*

The faith we proclaim ... is on your lips and in your heart. *Second Reading*

Jesus ... was led by the Spirit. *Gospel*

Father,
through our observance of Lent,
help us to understand the meaning
of your Son's death and resurrection,
and teach us to reflect it in our lives.
Old Opening Prayer

This week's readings:
Deuteronomy 26: 4–10; Psalm 90 (91); Romans 10: 8–13; Luke 4: 1–13



Jesus was led
by the Spirit
through the
wilderness ...

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



First Sunday of Lent
Year C, 6th March 2022

'If you are
the Son of God ...'

As we begin this journey through Lent, we trust in the call of the Spirit who beckons us out into the wilderness, to see more clearly, to love more dearly, and to follow, more nearly, the Lord of Life.

The **First Reading** shows that faith in the Lord leads to deliverance into life and fullness. It anticipates something of the saving power of Christ which brings fullness of life.

St Paul, in his letter to the Romans (**Second Reading**), reminds us that this salvation is very near, because the Word is alive and active in our hearts and on our lips.

The **Psalm** speaks of the Lord who is with us in all our distress, and in whom we can trust – while the **Gospel** sees Jesus himself putting his trust in the Father. Overcoming his testing, he continues to walk in the way of love.

Let's pray, this week, that we stay close to Jesus as we journey with him toward his Passion in Holy Week. *Lord, lead us not into temptation, but deliver us from every kind of evil. Amen.*

Opening Prayer

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.

Psalm 90 (91)

R./ Be with me, O Lord, in my distress.

Those who dwell in the shelter of the Most High
and abide in the shade of the Almighty
say to the Lord: 'My refuge,
my stronghold, my God in whom I trust!'

Upon you no evil shall fall,
no plague approach where you dwell,
For you God has commanded the angels,
to keep you in all your ways.

They shall bear you upon their hands
lest you strike your foot against a stone.
On the lion and the viper you will tread
and trample the young lion and the dragon.

You set your love on me, so I will rescue you;
protect you for you know my name.
When you call I shall answer: 'I am with you.'
I will save you in distress and give you glory.

I go to my place of prayer to become still, to wait in the shade of the Almighty. As I take my time to settle, I become aware that I am on holy ground. Even now, I am dwelling in the shelter of the Most High, who is my refuge. It is a good place to be.

As I remain in this place of protection, this sanctuary, I ponder the words of this wonderful psalm. Just as Jesus, tempted in the wilderness, was reminded of this psalm, I ask myself, what am I noticing here?
To where am I being drawn?

Perhaps I am being reminded of the distresses in my life, those evils weighing me down at present. What are my plagues, my stones?
With the help of the angels, promised by God to keep me safe, I bring my concerns, and myself, in complete trust, before the Lord.

I am under the Lord's protection – we know one another's name.
How do I feel? And what would I like to say to the Lord now?
I end, resting in his promise, 'I am with you'. *Glory be ...*

Gospel Luke 4: 1–13

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. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But 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, 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.' But Jesus answered him, '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.

As always, I take my time to come into prayer. I ask the help of the Spirit, to lead me through this scripture. I pray for the grace to be with Jesus in his temptation.

If helpful, I could imagine Jesus, the devil, or the wilderness.
What am I noticing? How is this encounter touching me?

The devil repeats the words, 'If you are the Son of God ...'. What is going on here? Is the evil one trying to undermine Jesus's relationship with the Father, to make him doubt, to drive him to self-reliance?
Do I recognise that temptation, at times, in my own life?

I might feel drawn to Jesus's replies, to his calmness and trust.
Perhaps I might like to pray Psalm 90 (91) with him once again.
How do I feel now?

I stay with him, in the stillness of the empty wilderness.

Our Father...