

First Sunday in Lent

“Repent and believe in the gospel.”

In the Gospel this week, the first week of Lent, Jesus goes into the desert for forty days to prepare for his ‘fulfillment’. He knows that, at the end of the time, he will be judged, found guilty and hanged on the cross to atone for our sins. He takes this time to pray and listen to God to give him the strength to accept what God is asking of him. Though he is the son of God, he is tempted by the devil to refuse to do what God asks of him.

The words ‘Repent and believe in the gospel’ are used when we are blessed with ashes on Ash Wednesday, marking the beginning of Lent. It reminds us that we are on earth to fulfil God’s plan for us, to spread his Gospel of love in our community.



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**A reading from the holy Gospel according to
Mark 1 12:15**

The Spirit drove Jesus out into the desert,
and he remained in the desert for forty days,
tempted by Satan.
He was among wild beasts,
and the angels ministered to him.

After John had been arrested,
Jesus came to Galilee proclaiming the gospel of
God:

“This is the time of fulfillment.
The kingdom of God is at hand.
Repent, and believe in the gospel.”

The Gospel of the Lord.

Praise to you, Lord Jesus Christ



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Meditation

Overcoming temptation is like doing well in an exam winning a contest, completing a difficult project or accomplishing some challenging feat. We should take great joy in overcoming temptation in our lives, realizing that this strengthens us to the core of our being. As we do so, we must also do so in humility, realizing that we have not accomplished this on our own but only by the grace of God in our lives. During Lent, make time to pray and listen to God.

Prayer:

God of love, fill my heart with your compassion and mercy. Throughout my Lenten journey inspire me to come to know you better and to reach out in love to others. Amen.

