



Time to PREP

- ♥ For Class
- ♥ For the Week
- ♥ For Yourself
- ♥ For Lent

WEEK #20 – February 28th, March 1st & 3rd, 2022

Gospel for March 6th, 2022

1st Sunday of Lent

Luke 4:1-13

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

He ate nothing during those days, and when they were over he was hungry.

The devil said to him, "If you are the Son of God, command this stone to become bread."

Jesus answered him, "It is written, One does not live on bread alone."

Then he took him up and showed him all the kingdoms of the world in a single instant.

The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish.

All this will be yours, if you worship me."

Jesus said to him in reply,

"It is written

You shall worship the Lord, your God, and him alone shall you serve."

Then he led him to Jerusalem,

made him stand on the parapet of the temple, and said to him,

"If you are the Son of God, throw yourself down from here, for it is written:

He will command his angels concerning you, to guard you, and:

With their hands they will support you, lest you dash your foot against a stone."

Jesus said to him in reply,

"It also says,

You shall not put the Lord, your God, to the test."

When the devil had finished every temptation, he departed from him for a time.

PLEASE PRAY FOR...



- ♥ Sister of Lucille Panos (Special Needs Catechist) who passed away.
- ♥ Pray for God's peace and reconciliation to overcome all hatred, conflict, and war;
- ♥ The well-being, health and happiness of PREP catechists, students and families;
- ♥ Pray for all, especially those suffering and struggling silently.

Background on the Gospel Reading

In each of the three Synoptic Gospels, after his baptism, Jesus is reported to have spent forty days in the desert, fasting and praying. In Luke and in Matthew, the devil presents three temptations to Jesus. The devil tempts Jesus to use his power to appease his hunger, he offers Jesus all the kingdoms of the world if Jesus will worship him, and he tempts Jesus to put God's promise of protection to the test. In each case, Jesus resists, citing words from Scripture to rebuke the devil's temptation.

Each temptation that Jesus faces offers insight into the spirituality we hope to develop as we keep the forty days of the Season of Lent. We can trust God to provide for our material needs. We worship God because God alone has dominion over us and our world. We can trust God to be faithful to his promises. Jesus' rejection of the devil's temptations shows that he will not put God to the test. Grounding himself on the Word and authority of Scripture, Jesus rebukes the devil by his confidence in God's protection and faithfulness.

This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil.

Luke ends his report of Jesus' temptation in the desert by noting that the devil departs for a time. The implication is that the devil will return. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus' trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him. Jesus' final rebuke of the devil is his sacrifice on the Cross.

Jesus' responses to the temptations of the devil teach us how we can respond to temptation. As we start our journey through Lent, this Sunday's Gospel calls us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice, God's promise of protection can be trusted, and God alone is God.

On the Eve of Ash Wednesday: Prayer for Good Humor

My husband and I are preparing for Lent, but we seem to be doing it in a peculiar fashion. After having been on the Keto diet for two months (and losing a combined 40lbs) my husband has discovered the world of keto sweets and non-sugar sweeteners. He ordered quite a few of them and they arrived today -- the day before Lent. Ah boy.... And at the same time, I stumbled across this wonderful prayer from St. Thomas More which seems to describe our intentions this last night before the ashes.

Prayer For Good Humor, St. Thomas More

Grant me oh Lord, good digestion, and also something to digest.

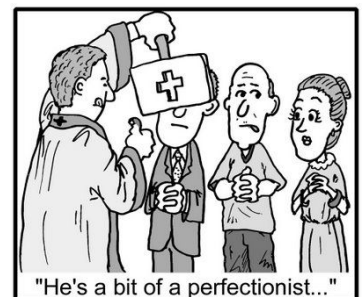
Grant me a healthy body, and the necessary good humor to maintain it.

Grant me a simple soul that knows to treasure all that is good and that doesn't frighten easily at the sight of evil, but rather finds the means to put things back in their place.

Give me a soul that knows not boredom, grumbles, sighs, and laments, nor excess of stress, because of that obstructing thing called "I."

Grant me O Lord, a good sense of humor, Allow me the grace to be able to take a joke to discover in life a bit of joy, and to be able to share it with others.

Amen



"He's a bit of a perfectionist..."

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