

FAITH @Home

www.waterfordlismore.ie

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Diocese of Waterford & Lismore

Celebrating and supporting faith, hope and love
in the heart of the family!



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FIRST SUNDAY OF LENT

Year C

Sunday Mass Readings

First Reading:

Deuteronomy 26:4-10

Responsorial Psalm:

Psalm 90(91):1-2,10-15

Second Reading:

Romans 10:8-13

Gospel:

Luke 4:1-13

*"You must worship the Lord your God,
and serve him alone."*



Temptation of Christ, Philips Augustijn Immenraet, Public domain, via Wikimedia Commons

Hear

Grab your Bible and look up the Gospel reading.
Don't have one? No worries, you can find this
week's readings online [here](#).

Check out [this video](#) of the Gospel for children.

Pray

In the Gospel today we find ourselves in the
desert with Jesus as He faces three temptations
from the devil. Think about the following:

- What is the Holy Spirit saying to you through
this piece of Scripture? How do these words
resonate with you personally?
- How well do you know yourself and the
temptations you face daily? Do you fight
against temptation, or tend to give in easily?
Spend some time in prayer reflecting on the
past day or so.
- How easily do you give into the temptation to
not pray saying, "I'll do it later", or finding
excuses to justify not praying because you
are busy or have other responsibilities?
Sincerely ask the Lord in prayer for the
strength to put Him first in your day.
- *Pray as you can, not as you can't.* Even if
you can't pray a rosary, or even a decade -
can you pray a Hail Mary with the heart?

Talk

In this week's Gospel, we hear about how Jesus faced
the temptations and challenges in the desert as he
prepared for his public ministry. Jesus wanted to
serve God alone and not put His own desires first.

- Here's a challenge for you! Think about
tomorrow and what you need to get through the
day: only focus on needs, not wants. Make a list:
What could you do without? Who could you
offer that up for?
- How is Lent going for you so far? Did you make
any Lenten commitments on Ash Wednesday?
Did you break any? Now's a good time to renew
them and try again (or to start something!)
- When Jesus was tempted by the devil, He quoted
Scripture to him to rebuke him. What verses of
Scripture can you think of that would be helpful
to pray and say during Lent?

Family Challenge!

Make scripture an extra important part of your family
life this week. Reflect on today's Gospel, or any other
bible passage that helps you, like Matthew 6:21 "For
where your treasure is, there your heart will be also."
Write it out something so the whole family can see it
and remember to pray it each day!

Jesus showed us in this Gospel how to choose God above everything else. This week make a special effort to make little sacrifices, especially of your time, so that you can give more time to God! Get up or go to bed earlier and say an extra prayer in that time!

Song of the Week!
OUR GOD IS GREATER!



"I want eternity. I was born for greater things." St Stanislaus

FIGHTING THE GOOD FIGHT!

Before Jesus began His great public ministry, He spent forty days fasting and praying in the desert. We read this Gospel at the beginning of Lent to remind us to prepare our hearts for the great season of Easter at the end of forty(ish) days. Lent is a time to focus particularly on prayer, fasting and almsgiving: a time to purify our hearts and minds of anything that is not drawing us closer to Christ, anything that is an obstacle on our path to heaven. Jesus Himself was tempted by the devil with power, with fame, and with satisfying His own material desires, basically to replace His worship of the Father and doing the Father's will with lesser things. God the Father's plan for Jesus was that He would have His hunger satisfied through doing God's Will, that He would be raised up from the earth and draw all to Him, that He would be recognised as King of kings, Lord of all, and that He would suffer His passion and death in order to bring salvation to the world - there was no greater plan! When we are tempted, we need to be able to keep the bigger picture in mind: is this part of God's plan for my happiness? What greater good am I fighting for? There is no temptation we cannot overcome through His grace and strength - and the reward is out of this world!

Take some time this week to reflect on how you deal with temptations that come your way. Look especially at what you fill your head and heart with each day: through the conversations you have, what you listen to and watch, where you allow your thoughts to drift. What needs to change? Make a concrete resolution, even just to combat one thing!

VIDEO: [How to Face Temptation \(Fr Mike\)](#)

TUNE: [I need Thee every hour - Jars of Clay](#)

RESOURCE: [How to face temptation](#)



Family Prayer

*Jesus,
may we always follow Your example
and never choose
anything or anyone over You.
Glory be to the Father, and to the Son
and to the Holy Spirit. As it was in the
beginning, is now and ever shall be,
world without end. Amen.*

EVENTS

"Cherished Evening" for women aged 18-50 at Holy Family Mission, March 7th. Rosary @7.30pm, Mass @8pm followed by tea and chat. (first Monday of every month) www.holyfamilymission.ie

Encounter: gathering for young adults aged 18-35 in St John's Church, Waterford, Fri 11th March, 8pm, Talk - Music - Prayer - Refreshments. Free Admission. More info: www.waterfordlismore.ie

Family Day: Holy Family Mission, Glencomeragh House, Sun 13th March. More info on www.holyfamilymission.ie

"Show us the Father" - Lenten Retreat at Holy Family Mission, March 25 - 27. More info: (052) 6133181 / info@holyfamilymission.ie

Silent Retreat preached by: Fr. Kilian Byrne, Foyer of Charity at Glencomeragh House, April 18-24, Cost €380 full board. Contact Helen 086 1678027 / hellywilliams@gmail.com

GOD ALONE IS ENOUGH

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.

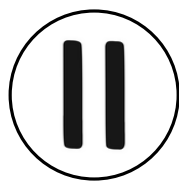
Each temptation that Jesus faces offers insight into the spirituality we hope to develop as we keep the forty days of the Season of Lent. We can trust God to provide for our material needs. We worship God because God alone has dominion over us and our world. We can trust God to be faithful to his promises. 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.

Loyola Press - Sunday Connection

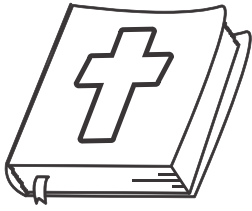


CHECK IT OUT: ONE MINUTE PAUSE APP



Take a pause. A simple way to connect with God in the middle of your busy day. From John Eldredge, the New York Times Best Selling Author of *Wild at Heart* and *Captivating*. Based on the One Minute Pause chapter of his new book *"Get Your Life Back"*, this app invites you into the simple practice of releasing everything to God, restoring your union with God and inviting him to fill you.

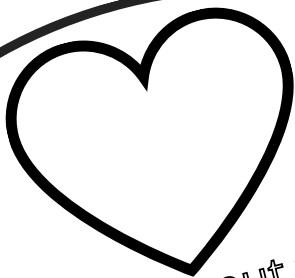
Luke 4:1-13



Man does not live
on bread alone...



You must
worship the Lord
your God,
and serve him
alone.



You must not put the Lord
your God to the test.





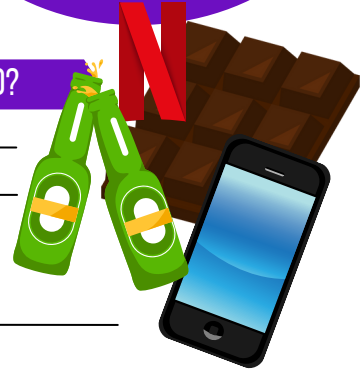
CHECK OUT WHAT
CATECHISM OF THE
CATHOLIC CHURCH
SAYS ABOUT JESUS
BEING TEMPTED
CCC 538-540



How to Face Temptation

... whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
Philippians 4:8

ARE YOU GOOD AT RESISTING TEMPTATION? WHAT TEMPTATIONS DO YOU FIND HARD TO SAY NO TO?



DO YOU THINK PEOPLE CAN LEARN TO RESIST TEMPTATIONS? EXPLAIN YOUR ANSWER



WATCH THIS VIDEO FROM FR MIKE SCHMITZ "HOW TO FACE TEMPTATION" AND REFLECT ON THE QUESTIONS THAT FOLLOW



Fr Mike uses two stories from Greek mythology to explain three approaches to resisting temptation: Ulysses and his men, Jason and the Argonauts, and how they responded to the Sirens, mythical half bird / half-woman monsters who lured men to their deaths by their seemingly beautiful sounding music and illusory beauty.

In a similar way, evil can pass itself off as something good.

- Gossip can pass itself off as _____.
- Lust can pass itself off as _____.
- Greed can pass itself off as _____
or _____



ULYSSES AND HIS MEN

How did Ulysses' men resist the temptation of the sirens' call / lure?

How did Ulysses himself try to resist their song?

Who could see the sirens for what they really were, i.e. shrieking monsters?

Why was the way Ulysses chose not a good way to resist temptation?

Why was the way his men chose to resist temptation more effective?

Give an example of how we could use the approach of walking away when it comes to (a) gossip (b) lust or (c) greed.

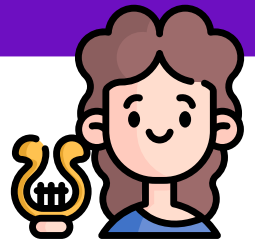
Ulysses saw
the i _____
but his men saw
the t ____.



HOW TO FACE TEMPTATION LUKE 4:1-13

JASON AND THE ARGONAUTS

How did Jason and the Argonauts resist the sirens, with the help of Orpheus?



As Christians sometimes we are called to put r_____ on ourselves, sometimes we are called to get up and w_____ away. But we are all called to fill our lives with the t____, the g____ and the b_____.

READ PHILIPPIANS 4:8

List some practical ways to fill your mind and heart with things like this:

Now Read Luke 4:1-13



Before Jesus began His great public ministry, He spent forty days fasting and praying in the desert. We read this Gospel at the beginning of Lent to remind us to prepare our hearts for the great season of Easter at the end of forty(ish) days. Lent is a time to focus particularly on prayer, fasting and almsgiving; a time to purify our hearts and minds of anything that is not drawing us closer to Christ, anything that is an obstacle on our path to heaven. Jesus Himself was tempted by the devil with power, with fame, and with satisfying His own material desires, basically to replace His worship of the Father and doing the Father's will with lesser things. God the Father's plan for Jesus was that He would have His hunger satisfied through doing God's Will, that He would be raised up from the earth and draw all to Him, that He would be recognised as King of kings, Lord of all, and that He would suffer His passion and death in order to bring salvation to the world - there was no greater plan! When we are tempted, we need to be able to keep the bigger picture in mind: is this part of God's plan for my happiness? What greater good am I fighting for? There is no temptation we cannot overcome through His grace and strength - and the reward is out of this world!

MISSION!

TAKE SOME TIME THIS WEEK TO REFLECT ON HOW YOU DEAL WITH TEMPTATIONS THAT COME YOUR WAY. LOOK ESPECIALLY AT WHAT YOU FILL YOUR HEAD AND HEART WITH EACH DAY: THROUGH THE CONVERSATIONS YOU HAVE, WHAT YOU LISTEN TO AND WATCH, WHERE YOU ALLOW YOUR THOUGHTS TO DRIFT. WHAT NEEDS TO CHANGE? MAKE A CONCRETE RESOLUTION, EVEN JUST TO COMBAT ONE THING!



PRAYER TIME!

Dear Jesus, Thank You for Your constant presence and love in my life. You know what temptations I will face today. You know the desires of my heart, my weaknesses and where I struggle. You also know that You made me for greatness and for everlasting happiness with You. Show me how to recognise temptations today, and to choose You, Your goodness, Your truth and Your beauty and not settle for anything less. Amen.



CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON CHOOSING THE GOOD

- [I need Thee every hour - Jars of Clay](#)
- [Today I Choose - Brian Doerksen](#)
- [Lord I Need You - Matt Maher](#)
- [Your great name - Natalie Grant](#)
- [Refiner's Fire - Brian Doerksen](#)
- [Build my Life - Housefires](#)
- [Your Will be Done - Robinson/Thompson](#)
- [When all is said and done - Matt Redman](#)

Click the links for the YouTube videos to listen to some suggestions!



Fr Mike Schmitz: Avoiding Impurity



Fr Mike Schmitz: What is the sin of gluttony