

TO THE Heights



FIRST SUNDAY OF LENT

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

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."

Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, Game Changers!

You can check out our GameChanger Series resources, free to download [by clicking here!](#)

7 March [Sts Perpetua & Felicity](#)

8 March [St John of God](#)

9 March [St Frances of Rome](#)

11 March [St Aengus, Bishop and Abbot](#)

[CHECK OUT OUR LENTEN RESOURCES ON OUR WEBPAGE](#)



Hear

Grab your Bible and look up the Gospel reading. Don't have a Bible? No worries, click the bible image for this week's readings!



1. What event happened just prior to this incident in Luke's Gospel? ([Luke 3:21-22](#)).
2. What was the first temptation Jesus endured?
3. What was His response?
4. What was the second temptation?
5. What was Jesus' response this time?
6. How was Jesus tempted for a third time?
7. How did He respond?
8. Luke says the devil "left him, to return at the appointed time." When was that to be? (Hint: Holy Thursday)



Gospel Reflection: 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

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

FIGHT 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!



TEACHER'S CORNER

"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

WORDS OF WISDOM



Young Person's Prayer



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.

TUNE OF THE WEEK

I need Thee every hour

Jars of Clay



WEEKLY CHALLENGE:



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!

WATCH VIDEO: How to Face Temptation (Fr Mike Schmitz)



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.



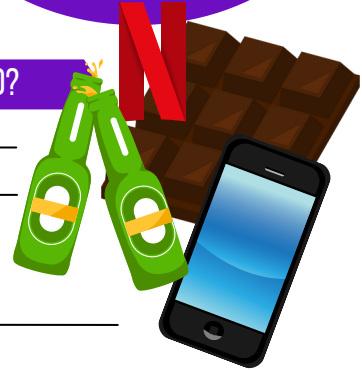
How to Face Temptation

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



... 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.

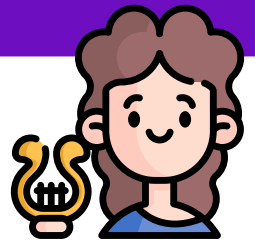
Ulysses saw the i _____ but his men saw the t ____.



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, 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. When we are tempted, we need to be able to keep the bigger picture in mind: what is 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.

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

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



6:56 MINS



Fr Mike Schmitz: Avoiding Impurity

6:05 MINS



Fr Mike Schmitz: What is the sin of gluttony