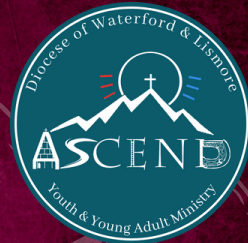




To the Heights



1ST SUNDAY IN LENT

Subscribe to receive by email!



Ivan Kramskoi, Public domain, via Wikimedia Commons

Year A



Hear Click the Bible image for this week's readings if you don't have a Bible handy!

Sunday Mass Readings

FIRST READING:

Genesis 2:7-9, 3:1-7

RESPONSORIAL PSALM:

Psalms 50(51): 3-6, 12-14, 17

SECOND READING:

Romans 5:12-19

GOSPEL:

Matthew 4:1-11



[ascendwaterfordlismore.ym](https://www.instagram.com/ascendwaterfordlismore.ym)



[AscendWaterfordLismoreYM](https://www.facebook.com/AscendWaterfordLismoreYM)



[Ascend Youth Ministry](https://www.youtube.com/AscendYouthMinistry)



"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 and heroes, or as we like to call them, **Game Changers!** Check them out on our web page!

27 February	St Gregory of Narek
1 March	St David, Bishop
3 March	St Katherine Drexel
4 March	St Casimir
5 March	St Kieran of Saighir



Reflect



1. What event happened just prior to this incident in Matthew's Gospel? (Mt 3:13-17)
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?

CHECK IT OUT: RADIO MARIA IRELAND



- Radio Maria Ireland operates as a not-for-profit, non-commercial, internet-streaming radio station. Their mission is to help communicate God's divine love and mercy for all mankind through the teachings and sacraments of the Catholic Church. The station offers a full daily program and can be accessed by mobile app or by phone (Listen Live Line 01 4373277). You can also tune in to Radio Maria Ireland on SAORVIEW Channel 210. Radio Maria Ireland also offers programmes for young people. Check them out here <https://www.radiomaria.ie/broadcasts/>



"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!

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!



How to Face Temptation (Fr Mike Schmitz)



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 also know that You made me for greatness and for everlasting happiness with You. Show me how to choose You, Your goodness and Your truth and not settle for anything less. Amen.

Puzzle

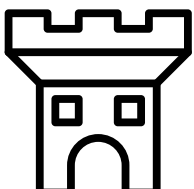


FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!

angels
forty
hungry
hungry
Jesus
kingdoms
loaves
mountain
parapet
Satan
scripture
splendour
tempted
tempter
wilderness

K	U	F	X	J	G	G	L	S	U	S	L	G	H	L	S	R
P	T	A	R	A	D	F	Q	J	J	C	D	A	O	N	P	E
W	Y	Q	B	D	C	T	T	W	A	R	W	W	J	F	L	T
Z	H	K	D	N	P	V	H	X	X	I	J	K	K	U	E	P
K	W	Q	E	A	F	X	Q	B	Y	P	V	E	Y	A	N	M
W	I	L	D	E	R	N	E	S	S	T	U	F	B	F	D	E
M	O	U	N	T	A	I	N	E	X	U	R	Q	H	K	O	T
G	S	E	H	C	T	S	Q	W	N	R	S	O	I	T	U	K
U	Z	A	M	V	L	A	H	Z	P	E	D	N	F	F	R	O
N	F	P	T	E	X	T	D	H	N	A	G	L	S	U	M	G
G	M	B	G	A	H	E	E	Z	X	D	M	U	U	G	E	J
K	Y	N	E	U	N	P	N	P	O	F	S	E	V	A	O	L
I	A	R	N	U	I	A	F	M	Q	E	J	S	N	V	V	S
Z	Q	G	G	X	P	R	S	U	J	D	E	T	P	M	E	T
R	R	I	A	N	Q	A	N	J	M	S	T	D	Y	P	T	O
Y	Q	F	X	H	U	P	I	H	V	U	R	V	D	Q	A	I
V	R	D	Y	F	V	H	F	G	M	G	V	Y	J	B	A	M

Pick one line from the gospel to reflect on this week!



WHAT'S ON

"Cherished Evening" for women aged 18-50 at Holy Family Mission, March 6th. 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 10th March, 8pm, Talk - Music - Prayer - Refreshments. Free Admission. More info: www.waterfordlismore.ie

Retreat for Men at Holy Family Mission, April 28 - 30. Main speaker Fr Philip Mulryne OP (former Man Utd player). €250 full board accomm. More info: (052) 6133181 / info@holyfamilymission.ie

Arise Family Conference at Tramore, Co. Waterford, April 10 - 13. Workshops, Guest Speakers, Fun & Activities, Sacrament. For more information check out www.arisefamilyconference.ie

Men's Prayer Group:

St Saviour's Church, Bridge Street, Waterford City. Every Wednesday evening, starts at 7pm: Exposition, Benediction, Faith Formation and Group Sharing. Led by the Servant Priests of the Home of the Mother



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



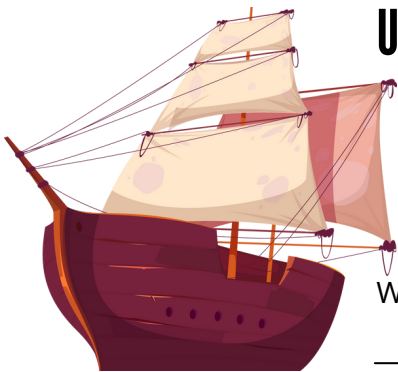
Fr Mike uses two stories from Greek mythology to explain three approaches to resisting temptation: Ulysses and his men, Jason and the Argonauts, and how they responded to the Sirens, mythical half bird / half-woman monsters who lured men to their deaths by their seemingly beautiful sounding music and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

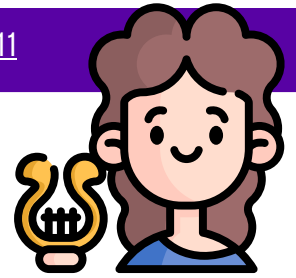
Why was the way his men chose to resist temptation more effective?

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

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



HOW TO FACE TEMPTATION MATTHEW 4:1-11



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 Matthew 4:1-11



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!

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PRAYER TIME!

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



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



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

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



14:49 MINS



Fr Patrick Cahill: How Temptation Works

6:05 MINS



Fr Mike Schmitz: What is the sin of gluttony