

# FAITH @Home

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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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Year B 1ST SUNDAY IN LENT

"TO THE HEIGHTS" YOUTH EDITION AVAILABLE ALSO

## Sunday Mass Readings

First Reading:

Genesis 9:8-15

Responsorial Psalm:

Psalm 24(25):4-6,7b-9

Second Reading:

1 Peter 3:18-22

Gospel:

Mark 1:12-15

*'The time has come' he said  
'and the kingdom of God is  
close at hand. Repent, and  
believe the Good News.'*



Briton Rivière, 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](#) on the readings 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!)

## Family Challenge!

Lent is such a special time to get closer to Jesus and make little sacrifices to show Him how much you love Him. What little sacrifices can you offer up as powerful prayers to Jesus this Lent?

# LENT IS JUST A BEGINNING

On the first Sunday of Lent, the Gospel reading in each Lectionary cycle is about Jesus' temptation in the desert. This event in the life of Jesus is reported in each of the Synoptic Gospels—Matthew, Mark, and Luke—but it is not found in John's Gospel. This year we read Mark's account of this event.

Compared to the Gospels of Matthew and Luke, the details throughout Mark's narrative are sparse. This is evident in Mark's account of Jesus' temptation in the desert. Mark tells us only that Jesus was led into the desert by the Spirit and that for 40 days he was tempted by Satan. The Gospels of Matthew and Luke explain that Jesus fasted while in the desert, that Satan presented him with three temptations, and that Jesus refused each one, quoting Scripture. Only the Gospels of Matthew and Mark report that angels ministered to Jesus at the end of his time in the desert.

In each of the Synoptic Gospels, the temptation of Jesus follows his baptism by John the Baptist. In Mark's Gospel, we are told that Jesus went into the desert immediately after his baptism, led by the Spirit. Jesus' public ministry in Galilee begins after his temptation in the desert. Mark's Gospel makes a connection between the arrest of John the Baptist and the beginning of Jesus' ministry. Jesus' preaching about the Kingdom of God is in continuity with the preaching of John the Baptist, but it is also something new. As Jesus announces it, the Kingdom of God is beginning; the time of the fulfillment of God's promises is here.

The fact that Jesus spent 40 days in the desert is significant. This recalls the 40 years that the Israelites wandered in the desert after being led from slavery in Egypt. The prophet Elijah also journeyed in the desert for 40 days and nights, making his way to Horeb, the mountain of God, where he was also attended to by an angel of the Lord. Remembering the significance of these events, we also set aside 40 days for the season of Lent.

In Mark's Gospel, the desert marks beginning of Jesus' battle with Satan; the ultimate test will be in Jesus' final hours on the cross. In a similar way, our Lenten observances are only a beginning, a preparation for and a reinforcement of our ongoing struggle to resist the temptations we face in our lives. During Lent, we are led by the Holy Spirit to remember the vows of Baptism in which we promised to reject sin and to follow Jesus. Just as Jesus was ministered to by the angels, God also supports us in our struggle against sin and temptation. We succeed because Jesus conquered sin once and for all in his saving death on the cross.

Loyola Press - Sunday Connection

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this  
out



## DYNAMIC CATHOLIC

Meeting people where they are . . . Leading them to where God calls them to be! The US-based team at Dynamic Catholic want to inspire Catholics and their parishes to become the-best-version-of-themselves.

**Why not sign up the "The Best Lent Ever" experience by [clicking here](#)** to receive a daily email with a short video to help you reconnect with yourself and your God. *"It's not what you give up this Lent, it's who you become."*



## 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! 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**  
*I need Thee every hour - Jars of Clay*

To the Heights Youth Resource also available



## Family Prayer

*Why not make a special effort to pray  
Grace Before Meals this Lent?*

*Bless us, O Lord, and these your gifts, which  
we are about to receive from your bounty  
through Christ our Lord. Amen.*

## EVENTS

**40 Hours of Adoration for Vocations:** at locations around the Diocese in February and March. Check [www.waterfordlismore.ie](http://www.waterfordlismore.ie) for more details

**One day Marriage Retreat:** Holy Family Mission, Glencomeragh House, Kilsheelan, Co. Tipperary. One-Day Healing & Renewal Retreat for Married Couples of all Ages. Sun 25th February, 10am - 5pm. Dealing with your past, taking stock of your present, building your future. Only €80 per couple. Includes 3 Course Dinner & tea/coffee. Pre-booking essential. Tel (052) 6133181 or email [info@holymission.ie](mailto:info@holymission.ie)

**Family Day:** Sunday 10th March in Holy Family Mission, Glencomeragh House, Kilsheelan, Co. Tipperary. 10am - 3pm. Bring a packed lunch. Donation only. Pre-booking is essential - email [info@holymission.ie](mailto:info@holymission.ie)

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