




# FAITH @ Home

9 MARCH 2025: 1ST SUNDAY IN LENT | YEAR C

Diocese of Waterford & Lismore  
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*Celebrating and supporting faith, hope and love in the heart of the family!*

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## 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](#).

## 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?

## 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.*

## 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!

# 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.

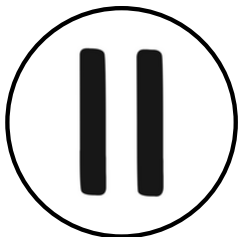
This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil.

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  
this  
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.



## CARLO'S CORNER

*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)

I need Thee every hour - Jars of Clay

*To the Heights Youth Resource also available*



HERE ARE SOME IDEAS FOR LENT FROM "A CATHOLIC MOM'S LIFE" TO HELP FAMILIES AND CHILDREN TO DIVE DEEPER INTO THIS LENT SEASON.

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