

To the Heights

Year A 1ST SUNDAY IN LENT

Download from www.waterfordlismore.ie/resources or subscribe to receive by email!



SPOTLIGHT!

The Mission Team at Holy Family Mission busy leading retreats for Confirmation Classes and Post-Primary schools!



HEAR! Sunday Gospel

Matthew 4:1-11

If you don't have a Bible handy, click here to access Sunday Mass Readings!



Ivan Kramskoi, Public domain, via Wikimedia Commons

GAMECHANGERS!

WHY NOT CHOOSE A SAINT TO ACCOMPANY YOU THROUGHOUT LENT?

Use a saint generator online or our own Ascend Saint Generator on Insta to choose a saint to walk with this Lent!



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!



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!



PRAY

Jesus, thank you for your super abundant grace, love and mercy. Forgive me for any times I have settled for minimalism in my attitude to you or to others. Fill my heart with a generous and loving spirit, so it's not about rules and laws, but rather finding a real and true relationship with You! Amen



FR MIKE SCHMITZ

WATCH!

HOW TO FACE TEMPTATION



TUNE!

I Need Thee Every Hour
Jars of Clay



GROW

If you would like to spend a year at Holy Family Mission, to become a missionary disciple and discover the Lord's plan for your life, send us an email for an application form.

HOLY FAMILY MISSION



APPLICATIONS FOR 2026/2027

Closing Date: Applications close for non-EU applications on Feb 28th and April 28th for EU applicants.
AGES 18 - 30

KNOW, LOVE & SERVE GOD

Contact info@holyfamilymission.ie to apply

REFLECT



- What event happened just prior to this incident in Matthew's Gospel? (Mt 3:13-17)
- What was the first temptation Jesus endured?
- What was His response?
- What was the second temptation?
- What was Jesus' response this time?
- How was Jesus tempted for a third time?
- How did He respond?

SPECIAL PRAYER INTENTION
For those making decisions about their futures...



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

HIS WORD & MY LIFE:



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!

RESPOND:



What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



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

PUZZLE

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



DOODLE PRAYER

Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

"All you need is say "Yes" if you mean yes, "No" if you mean no;"



CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC
TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL WORSHIP GUITAR | JON SNODGRASS



YEAR A: MATTHEW 4:1-11
YEAR B: MARK 1:12-15
YEAR C: LUKE 4:1-13

... 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

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

HOW TO FACE TEMPTATION

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



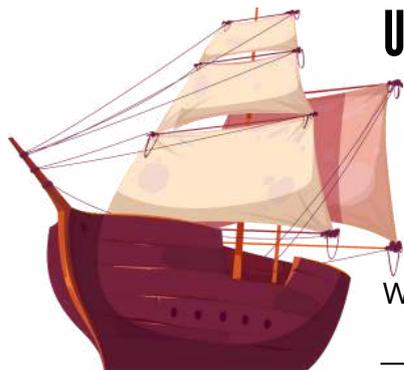
Fr Mike uses two stories from Greek mythology to explain three approaches to resisting temptation: Ulysses and his men, Jason and the Argonauts, and how they responded to the Sirens, mythical half bird / half-woman monsters who lured men to their deaths by their seemingly beautiful sounding music and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

YEAR A: MATTHEW 4:1-11

YEAR B: MARK 1:12-15

YEAR C: 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:



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YEAR B: MARK 1:12-15
YEAR C: LUKE 4:1-13

READ:

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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 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

14:49 MINS



Fr Patrick Cahill: How Temptation Works

6:05 MINS



Fr Mike Schmitz: What is the sin of gluttony