

- Are there dynamics in your life that you need to name?
- Who are the people who look after you?
- Are you being called to be an angel to somebody who needs support after their struggle in life?

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### Hoping

**What do I want to say to the Lord in light of what you have shared or because of what others have shared?**

The Gospel always leads us to places of hope, possibility and new beginnings. It awakens us to where and what we should be grateful for. It leads us to where God is waiting and inviting us to grow in freedom, in inner peace and maturity as a disciple. What prayer is in your heart as you draw to a close in this period of prayer?

- For the ability to be docile to the Spirit in my life.
- For the courage to engage the wilderness and wild parts of my life.
- For those deeper hungers in my life.
- For an awareness of what will truly feed me.
- For an openness to the Word of God as a source of nourishment in my life.
- For the wisdom to know when I am being led by false lights and false promises.
- For an awareness as to why I test my relationships with others and with God.
- For greater trust in my relationship with God.
- For the humility needed not to be swayed by power and possessions.
- For a sense of self based on who I am as a child of God.
- For gratitude toward those who look after me in life.
- For the ability to let go.
- For true freedom in my life.

## PRAYING WITH THE SUNDAY GOSPEL

1ST SUNDAY OF LENT – YEAR A

MATTHEW 4:1-11

“THE TEMPTATION IN THE WILDERNESS”

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, ‘If you are the Son of God, tell these stones to turn into loaves.’ But he replied, ‘Scripture says:

**Man does not live on bread alone  
but on every word that comes from the mouth of God.’**

The devil then took him to the holy city and made him stand on the parapet of the Temple. ‘If you are the Son of God’ he said ‘throw yourself down; for scripture says:

**He will put you in his angels’ charge,  
and they will support you on their hands  
in case you hurt your foot against a stone.’  
Jesus said to him, ‘Scripture also says:  
You must not put the Lord your God to the test.’**

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. ‘I will give you all these’ he said, ‘if you fall at my feet and worship me.’ Then Jesus replied, ‘Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.’

Then the devil left him, and angels appeared and looked after him.

## Hearing!

### “Speak Lord your servants are listening”

*Slowly read the Gospel passage; listening carefully to the story.*

*Read it intentionally, so as to perceive the small details we can miss on an initial reading. These small details might be the bridge between the Gospel Story and the story of your life.*

- What phrase or word resonated with you in your reading of this text?

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## Happening

Through the lens of the Gospel we now look with compassion at the story of our lives

*Having listened to the text of the Gospel now let it speak to the text of your life story. Become aware of where this Gospel story is already alive in your life or in your community. Or maybe you notice where it is absent in your life? Where might this Gospel story be inviting life and hope into aspects of your life that long for resurrection and new life?*

**“Jesus was led by the Spirit out into the wilderness to be tempted by the devil.”**

- Where might the Spirit wish to lead you this Lent?
- What causes you to pull back when the Spirit leads you to the wilderness parts of your life?
- Have you an awareness as to where you are being tempted at the moment?

**“He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, ‘If you are the Son of God, tell these stones to turn into loaves.’”**

- Were in your life have you found yourself having to do without for a long period of time?
- Do your longings ever cause you to justify what is ok to do in your life?

**“But he replied, ‘Scripture says: Man does not live on bread alone but on every word that comes from the mouth of God.’”**

- How strong are your more immediate needs in setting the agenda for your life?
- What in your life is a true and lasting sense of nourishment?
- How does the *Word of God* feed you in your life?

**“The devil then took him to the holy city and made him stand on the parapet of the Temple. ‘If you are the Son of God’ he said ‘throw yourself down; for scripture says: He will put you in his angels’ charge, and they will support you on their hands in case you hurt your foot against a stone.’...”**

- Have you ever found yourself on top of the world thinking anything was possible?
- Do you ever find yourself testing your relationships or find yourself being tested by another?
- What causes you to doubt the word or another that they will be there for you?

**“Jesus said to him, ‘Scripture also says: You must not put the Lord your God to the test.’”**

- Do you ever put God to the test?
- What in your life causes you to replaced faith with doubt?

**“Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. ‘I will give you all these’ he said, ‘if you fall at my feet and worship me.’”**

- What part does power play in your life?
- What part do your possessions play in shaping your sense of self?

**“Then Jesus replied, ‘Be off, Satan! For scripture says: You must worship the Lord your God, and serve him alone.’ Then the devil left him, and angels appeared and looked after him.**

- How quick are you at spotting false promises of power in your life?