

Reflection
1st Sunday of Lent, March 5, 2017

“At that time Jesus was led by the Spirit into the desert to be tempted by the devil. Matthew 4:1”

- Genesis 2:7** The Lord God...blew into his nostrils the breath of life, and so man became a living being.
- Genesis 3:6** The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom.
- Matthew 4:4** One does not live on bread alone, but by every word from the mouth of God.
- Reflection:** As we begin the first week of Lent, it is time to think about the past, remembering when we denied God’s word or simply neglected it because it was not exactly what we wanted or was inconvenient and did not fit into our busy schedules. During Lent, we need to be more aware of God’s love and remember that we are made in His image. As His children, He will always take care of us, but only if we open our hearts and let him in.
- Lent gives us the opportunity to alter our behaviors, beginning with our relationship with God. Reflecting on the 40 days that Jesus was in the desert, and tempted by satan, can we give up the material pleasures we seek on a daily basis, rely on God’s protection in times of need, and live a life knowing that God so loved his children that he was willing to sacrifice His Son? In the desert, Jesus denied satan three times, can we do it even once?
- Think of the times that you were tempted and ignored God. How did that make you feel? Did you make any changes?
 - Reflect on your times in the desert. How long were you there? Days, weeks, months, or even years?
- Prayer:** Lord, how many times do we need to go into the desert before we trust God’s unconditional love, and accept that He sacrificed His Son for our salvation? From the time of Adam and Eve, to the Exodus, to Jesus in the desert, and now, we continue to wander in the desert rather than to accept God’s generous love and compassion. We pray for the wisdom to recognize what it is you have in mind for us, and the strength to do your Will. In the words of St. Louise, “Lord, let us enter the desert of penance with you these 40 days.” (*Spiritual Writings of Louise de Marillac, p. 345*)
- Try this today:** With God’s assistance, think of what distances you from His love, and ask for forgiveness. “A clean heart create for me, God; renew in me a steadfast spirit.” *Ps 51:12*

Genesis 2:7-9; 3:1-7; Psalm 51:3-13; Romans 5:12-19; Matthew 4:1-11

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