



# Friends of Jesus and Mary

## Cycle A - I Sunday of Lent

*Genesis 2, 7-9. 3 1-7; Psalm 50; Romans 5, 12-19; Matthew 4, 1-11*

### Jesus is Tempted in the Desert.

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God." Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone." Jesus answered him, "Again it is written, you shall not put the Lord, your God, to the test." Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve." Then the devil left him and, behold, angels came and ministered to him.

### Reflection

After Jesus was baptized, the Holy Spirit led Him out to the desert for 40 days to prepare for His mission of sharing God's love with all, to the point of death on the cross. He prepared by praying and fasting. We also prepare by praying and fasting during the 40 days of Lent to celebrate the passion, death, and resurrection of Jesus on Holy Week and Easter. Why? (Prayer and fasting brings us closer to God and helps us to obey.) But Satan, God's enemy, did not want Jesus to complete His mission and tempts Him to take another direction. ¿What does



temptation mean? (The desire to do something you know you shouldn't.) The 1st temptation is to change the stones to bread and give up fasting, something the Holy Spirit had requested to help Him obey. How does Jesus respond? ("It is written, 'One does not live on bread alone.'") Have you ever been tempted to disobey God? Share. The 2nd temptation is to choose power and riches instead of serving God. How does Jesus respond? ("It is written: 'You shall worship the Lord, your God, and him alone shall you serve.'") Have you ever been tempted to choose comfort and pleasure instead of doing homework or going to Mass? Share. The 3rd temptation is to prove He is God by throwing Himself off of the temple, something very dangerous, to see if the angels will save Him. How did Jesus respond? ("It also says: 'You shall not put the Lord, your God, to the test.'") Has a friend ever pressured you to do something dangerous? Share. Jesus always resisted temptation because He knew what God asked us in the scriptures and He always wanted to obey. Jesus shows us that God's Word, prayer, and fasting or sacrifices help us to resist temptation and fulfill our mission as children of God to love and serve God and others.

### Activity

On the following page, color and write Jesus' response to each temptation. On the last page, read each temptation and choose which heart can help you resist. Share about other temptations and how to resist them.

### Prayer

Oh my good Jesus, help me to resist temptations so I may be a witness to your great love always. Fill my heart with your Holy Spirit so everything I say, do, and think may glorify God. Amen.

**Song:** Stand Strong, ccw vbs, (Ctrl Click) <https://youtu.be/52GHF8v-kw>

**PPT:** [https://docs.google.com/presentation/d/16v0xwzt4em-INwYIK3DmTHG80HISHMA7/edit?usp=share\\_link&oid=115268475267556305384&rtpof=true&sd=true](https://docs.google.com/presentation/d/16v0xwzt4em-INwYIK3DmTHG80HISHMA7/edit?usp=share_link&oid=115268475267556305384&rtpof=true&sd=true)



"Command that these stones become bread."

*1º domingo de cuaresma*

*Las tentaciones de Jesús en el desierto*



Read carefully the Gospel of Matthew 4, 1-11 and complete Jesus' responses to the 3 temptations.

"Command that these stones become bread."

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"Throw yourself from the highest part of the temple."

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"I will give you power and riches."

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**RESIST TEMPTATIONS WITH GOD'S HELP**

Read each temptation and choose from the hearts below how you can resist.

You want to cheat on an exam because you didn't study.

You want to watch a movie that your parents prohibited you to watch.

Everyone is speaking badly about someone and you want to join in.

You want to stay home and rest instead of going to Mass on Sunday.

You want to steal the cell phone that someone left behind.

You want to play videos instead of cleaning your room like your Mom asked.

Pray the Rosary or go to Adore Jesus in the Tabernacle.

Fast or sacrifice something for Jesus.

Read or listen to Jesus in the Gospels.

Go to the Sacraments of Reconciliation or the Eucharist.

Avoid the person(s) or situation causing temptation.