



Living in the Spirit
◆ 1st Sunday Lent
Your Word is All I Need

Call to Prayer and Sharing

❖ *Invitation to Prayer - Leader*

Let us begin,
Now, here in this place
With a moment of silence, to reflect,
to focus, to be attentive to ourselves,
to one another, and to the presence of Christ.
May the Lord come and increase our faith. (*reflective pause*)
(*pause for Silence*)

❖ *If time allows, sing a familiar hymn or refrain from Sunday's Responsorial Psalm.*

❖ *Then: "In the name of the Father and of the Son . . ."*

The Word of God

❖ *Leader: Let us welcome God's Word into our hearts.*

○ *Sing to the melody of "Praise God from Whom All Blessings Flow".*

Open our minds to, know you Lord;
Open our hearts to, hear your voice;
Open our hearts now, to your Word;
Come to us now, O Lord, our God.

From Matthew 4:1-11 (The temptation of Christ)

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.
The Word of the Lord...

❖ *At the conclusion of the reading, briefly pause for quiet reflection.*

Faith Sharing/Question of the Week (consider sharing on either question)

- ❖ **Adult:** What temptations lead modern people away from God?
- ❖ **Mixed Ages:** When you feel tempted to do the wrong thing, what do you do?

Time is provided for sharing responses to the question. Silence between responses is to be expected. Allow a few minutes for faith sharing. For larger groups, leader invites members to divide into groups of 3 or 4 for faith sharing.

- ❖ *When the sharing comes to an end, the leader invites everyone to take a moment to silently and reverently hold what has been shared together.*

Litany of Faith

Leader: Christ Jesus, you are the living Word that satisfies our hunger.
You alone are all we need.

All: We live not by bread alone; your Word is all we need.

Leader: Christ Jesus, you are the saving Word that delivers us from temptation.
You alone are all we need.

All: We live not by bread alone; your Word is all we need.

Leader: Christ Jesus, you are the loving word that calms our fear and anxiety.
You alone are all we need.

All: We live not by bread alone; your Word is all we need.

The Lord's Prayer

Leader: Let us pray together:

All: Gracious God,
we know that you are with us here,
and we have taken your Word into our hearts.
You call us all to conversion,
we who are here in this place,
and we who are now ready to welcome you into our lives.
We are ready,
we are willing,
and we are yours.
So we surrender to you
our aches and longings into one as we pray:
Our Father...

Continue with the Meeting

Final Blessing

Leader: Now let us bless one another:

All: May God bless and keep us, may God smile upon us.
May God show us kindness, fill us with peace.
And may God bless us, Father, Son and Holy Spirit;
may we always love and serve,
filled with God's Peace. Amen.

Leader: *Conclude the meeting or sing a closing song.*