

1st Sunday of Lent
March 6, 2022

FAITH @ HOME

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First Reading: Deuteronomy 26:4-10
Responsorial Psalm: Psalms 91:1-2, 10-11, 12-13
14-15
Second Reading: Romans 10:8-13
Gospel: Luke 4:1-13

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the reading. Don't have one? You can find the text [here](#).

[Check out this video](#) of the proclamation of the Gospel for children.

Check out this video of the proclamation of the Gospel for adults.



Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

1. PRAY

Take a moment of silence to reflect on the Gospel words. Jesus remind us that:

"One does not live on bread alone."

"You shall worship the Lord, your God, and him alone shall you serve."

"You shall not put the Lord, your God, to the test."

What is keeping you from Jesus right now?

In what parts of your life might you be feeling lonely? Invite the Holy Spirit to fill that space of loneliness.

3. TALK

- What is Jesus referring to when he says "One does not live on bread alone"?
- In what ways can we feed our soul?
- When have you felt like you have been in a desert and how have you encountered Jesus in this moment?

Consider one of these activities to do as an individual or family:

- Visit the Blessed Sacrament at least once this Lenten season and give your needs and concerns to Jesus.
- Consider participating in the Reconciliation Service at your parish with your whole family.