

Faith @ Home

1st Sunday of Lent
February 26th, 2023

ACCOMPANYING JESUS THIS LENT

1st Sunday of Lent

First Reading: Genesis 2: 7-9; 3: 1-7
Responsorial Psalm: Psalm 51: 3-4,5-6,12- 13,17
Second Reading: Romans 5: 12-19 or
Romans 5: 12,17-19
Gospel: Matthew 4: 1-11

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

The season of Lent is a propitious occasion for all of us to make a journey of conversion. Let us renew the promises of our Baptism: let us renounce Satan and all his works and seductions in order to walk in the paths of God and arrive at Easter in the joy of the Spirit. **What can I do this Lent?** Take time these days to pray, to talk to God, to tell Him that you love Him and that you want to be with Him.

To help us live this Lent, we invite you to create a prayer space in your home. [CLICK HERE](#) to watch a video.

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find all the readings [HERE](#)

Opening Prayer: Lord Jesus, send your Spirit to help us read the Bible in the same way You read it to your disciples. May your word guide us so that we too may bear witness that you are alive in our midst. Amen.

To watch a visual representation of the Gospel [CLICK HERE](#)

To watch a visual presentation of the Gospel for children [CLICK HERE](#)

2. PRAY

Lord, today is the first Sunday of Lent and you tell us about temptations. Lent is remembering what you lived, they are not easy days; they are days of fasting and abstinence, of deep encounter with you. Perhaps today I am not aware of my great temptations, but of the small things, which if I neglect can increase in size. Give me Lord, the strength to live this sacred season responsibly; to persevere accompanying you during these 40 days.

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

Help me, Lord, so that this Lent does not pass as one more Lent, but that we can really say at the end of the road: I truly renewed my heart in God who loves me and sustains me

Spend some time in silence to talk with Jesus

- Thank Jesus that He is our strength to overcome any temptation.
- Open yourself to totally trusting Him.

ALL: Lord Jesus, thank you for your Words today. We ask you to increase our faith and love for you. We want to be your true disciples, give us wisdom in times of temptation. We praise you, we bless you, and we thank you Jesus. Amen.

Together as family, we listen to this song: [Forty Days and Forty Nights](#)

3. TALK

As a family, discuss the following questions:

- How do you react to temptations?
- With what goods can the devil tempt you?

Faith@Home Lenten Practices

- **Pray:** Pray this week for strength to reject every temptation that comes your way
- **Fast:** Make an effort of staying away from the places and things that cause you temptations
- **Almsgiving:** Write to someone you think is in need of support, saying simply: God accompanies you and loves you.

