

1st Sunday of Lent
Sunday, March 9th 2025

FATH @ HOME

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First Reading: Deuteronomy 26: 4-10
Responsorial Psalm: Psalm 91: 10-15
Second Reading: Romans 10: 8-13
Gospel: Luke 4: 1-13

Full readings from USCCB [HERE](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, Discover Jesus channel, 2:22 min.)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Saddleback Kids channel, 2:37 min.)

2. PRAY

Gather the family around the prayer space and invite them to spend a moment together in conversation with Jesus.

Ask each person to remember an experience of change, departure, or abandonment that they have experienced. For example, changing jobs, changing homes from one city to another, changing schools, changing friends, or perhaps having to leave one country to go to another. Allow for time to recall from memory such an event and then invite each person to reflect on these questions:

- What difficulties did you face as a result of that experience?
- How did you experience the presence of God in the midst of that difficulty?

Take a short time in silence to reflect on those questions.

After everyone had time to reflect, invite them to talk to God in their hearts about the times when they were protected from those difficulties by the hand of God. Each person can voice with their words the feelings of gratitude they carry in their hearts. A useful model for their prayer could be:

"I was surrounded by difficulties, but the hand of God was felt..."

When everyone has shared, close this moment of prayer by making the Sign of the Cross.

Optional: If there are small children in the home, they can draw a picture that expresses their prayer of thanksgiving, or they can also write their prayer on a piece of paper.

3. TALK

In today's gospel Jesus teaches us not to look for the easy way when difficulty knocks at our door. The temptations he experienced in the desert may have led him to abandon his mission in pursuit of pleasure, power, and glory. However, Jesus overcame



those temptations and decided to fulfill his mission of saving the world from sin. In the same way, we are called as disciples to live what Jesus taught and thus be in solidarity with people who are suffering.

An adult in the family shares the following questions and then invites others to talk about them:

- What temptations did you experience when you have had to choose between the easy way or the difficult way of putting Jesus' teachings into practice?
- What temptations do you face now in order to help other people who are experiencing some change, some breakup, or some departure in their lives?

When all have finished sharing, announce that as a family you are going to identify a person or family you know is experiencing some difficulty. Someone from the family can reach out to that person or the family to learn what difficulties they have and discern together how to help them. To conclude, make a commitment together to support that person or family over the course of this week.

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



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