

Lent 1 – 6th March 2022

Read Luke 4.1-13

You may like to use this material as a basis for discussion in your family.

I have recently read a very enjoyable novel but I cheated on the story at one point! One of the characters that I was particularly fond of became ill and it looked as if he might die. I skipped a few pages to find out what happened – he survived! What a relief.

I'm sure that there are times when you have been tempted to take shortcuts in an activity or task. We sometimes try to find an easier way of doing things and we give in to temptation. Skipping a few pages in a book or sneaking an extra chocolate when no-one is looking are not serious things but some temptations can have serious consequences.

In today's gospel reading Jesus is tempted by the devil on three occasions. The temptations become more serious each time – but Jesus resists each one, and the devil gives up.

We are now in the season of Lent, when we think about our relationship with God. It is a time to think about the things that we may have said or done that we now regret. We have a chance to spend time with God, say sorry for giving in to temptations that lead to serious consequences, and hopefully put things right by behaving in a better way.



There has been a lot of talk recently about the challenge of Climate Change and the way in which people have not cared for the earth. Look for the "Next Choice Challenge" leaflet in your church. These leaflets suggest things that we could do during Lent to help look after the planet better. There are times when we are all tempted to be careless about the environment instead of looking after it. If we start to follow these ideas during Lent, perhaps we will get into good habits and continue them in the future.

Activities

- Pick up one of the Next Choice Challenge leaflets in church. Look at the list of challenges. Are there any challenges you can complete during Lent – and then continue with after Lent? Can you persuade your family to take up these challenges?

Prayer - from the Next Choice Challenge leaflet

Lord of Lent, we confess to having not looked after the planet as we should.

We pray for all those working to save the planet.

Give us the wisdom to focus on our next meal, our next journey,
the next day to day decision, and the next big decision

so that our small contributions can become more significant. Amen.