

SUNDAY GOSPEL ACTIVITIES

FIRST SUNDAY OF LENT
MARK 1:12-15

NAME: _____



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This Sunday marks the beginning of Lent in our Church. Lent is the time when we prepare ourselves for the Passion of our Lord and Easter.

Today's reading shows us how Jesus goes to the desert for 40 days to prepare for his final days on earth. The Gospel tells us that during that time Satan tempted Jesus, but Jesus prayed and angels sent by God took care of him. *Jesus shows us by his example*, what we need to do when we face a challenge or are trying to understand God's will in our lives. Just as athletes train to compete, we too must train ourselves to go deeper in our relationship with God! We do this by making time during the 40 days of Lent to do something different!

As children, you have lots of choices - you could either take up something new and offer it to God, or give up something called the practice of self-denial. Either is pleasing to God, but the important thing is to think about and do something different. Why? It is important to do these things because no matter how old you are, or what your life story is - we can always go deeper in our faith!! We are all called to be the best version of ourselves, and we can't do this on our own - we need Jesus and God! When we give something up like candy, everytime we are tempted we are reminded that by giving it up for Lent, we are honoring the time Jesus went without in the desert to ready himself for the work ahead. If you choose to set aside a new time to pray everyday, or learn a new prayer like the rosary, this is also a wonderful way to remember Jesus time in the desert and to invite God into your hearts and homes.

FOR MORE FUN

- ★ What are some things people give up for Lent? What are some things you could do for Lent?
- ★ Write down what you think would be the most difficult thing for you to give up this Lent! Maybe it is a video game, or a favorite food like icecream! When we think we can't give something up - that gives that "thing" a lot of power over us! Pray about that!

