

SUNDAY GOSPEL ACTIVITIES

First Sunday of Lent | Matthew 4:1-11



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Today is the the first Sunday of Lent. In our Gospel reading, we learn about why we do what we do during these forty days before Easter. Jesus shows us by His example how important it is to take the time to fast and pray - and to put ourselves in the presence of God. During his forty days in the desert, Jesus is tempted by the Devil - just as we are tempted at times by worldly desires. But Jesus, as God's only begotten Son, tells the Devil to "Get behind me!" With great authority after He has been tried and tested - Jesus banishes Satan, and Satan must obey. Jesus can help us in our trials and tribulations - always He will walk with us! We simply have to invite Him. With Jesus at our side we need not be afraid of anything!

★ FOR MORE FUN ★

- ★ During Lent, many people decide to "give up" something. This is wonderful but consider this year doing something different - maybe "taking up" a new habit that can bring you closer to Jesus and our Heavenly Father. If you don't pray every day, try to develop this as a daily habit. While you are brushing your teeth- or when you wake up, say "Jesus I trust in You!" or an Our Father. If you already have a daily prayer routine, try to think of something new - maybe taking time to read from the Bible or pray the Rosary. The point is to show God YOU desire to draw closer to Him by your actions this Lent.
- ★ This week we honor a number of extraordinary women who are saints in our Church! A person isn't born a saint of course - they become a saint by doing something extraordinary during their time on earth. These women and all the saints in heaven want to help us everyday in our lives! Learn about St. Katharine Drexel (March 3) and Saints Perpetua and Felicity (March 7th) this week!