

Getting Ready for Sunday!



First Sunday of Lent

The Season of Lent

Lent begins on Ash Wednesday and continues for forty days.

Jesus spent forty days getting ready for all that led up to Easter by praying and fasting. We follow the example of Jesus during Lent.

During Lent we:

- Pray
- Fast
- Help others

We REPENT during Lent.

The word REPENT means to change so that we become more like Jesus.

Mark 1:12-15



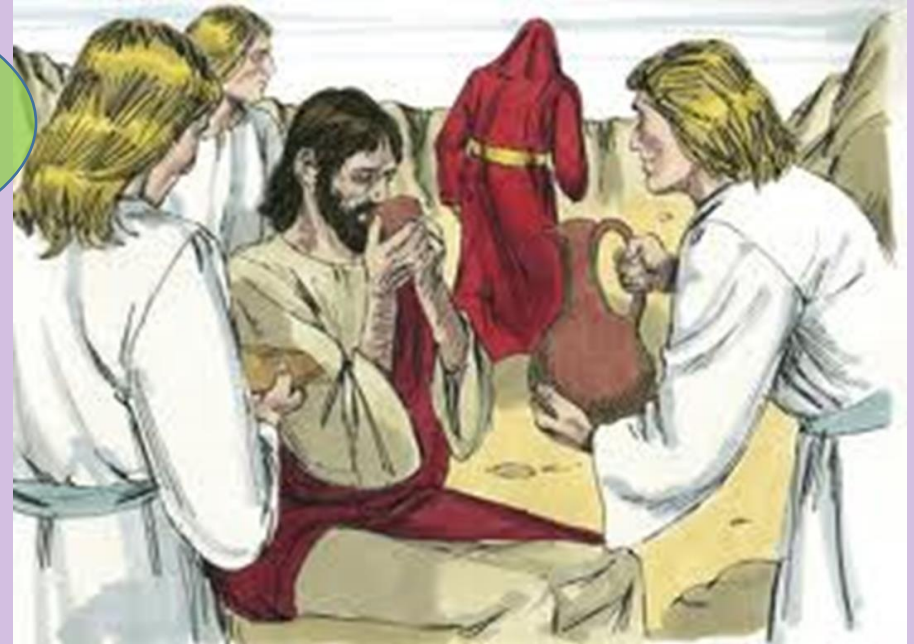
The Temptation of Jesus

And the Spirit immediately drove him out into the wilderness.



He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Sometimes we can follow Jesus easily and without struggle!



At other times the ordinary responsibilities of being Christian can be very difficult!

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying:

The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.



**The time to live life well
is now! The only time
we have is now!**

Bible Search

Read **Mark 1:12-15** in your family Bible-this is the Gospel reading at Mass this Sunday.



Consider



What changes do you need to make this Lent?

SEEING YOUR LIFE THROUGH THE LENS OF THE GOSPELS

Mark 1:12-15

1 Jesus is about to start his public ministry. Mark tells us this was preceded by a deep inner struggle when his resolve to take on his God-given mission was tested. Recall important decisions in your own life. Were they accompanied by struggle and doubt? Who were the angels who supported you at that time? Give thanks for them.

2 Such periods of anxiety may seem like wilderness experiences at the time. Later, with hindsight, we may see them as being good for us. Perhaps, like Jesus, you recall a time when the Spirit of God led you into the wilderness to be tested and after the experience you had a clearer sense of your own identity or your purpose in life?

3 Repent and believe the good news was the heart of the message of Jesus. It was not a call to penance but to a change of heart, a change of attitude, leading to a change in behaviour. The kingdom of God is a kingdom of right relationships: with God, with one another, with creation, with ourselves. It is a change that leads to a fuller life. When have you found that a change in your attitude towards God, others, yourself, or the world around you, has led you to a more fulfilled or more fruitful life?

4 There is immediacy about the call of Jesus: 'the time is fulfilled, and the kingdom of God has come near'. Recall when you had a realisation that NOW was the moment of opportunity – for a change in your life, for a spiritual renewal, or a time to give a wholehearted yes to life. At this moment to what do you believe you are invited to say 'yes'?

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Praying to Jesus



Pray for the grace to walk the path to change with Jesus.

Ask God to guide you in His ways.

