

Welcome to Week 1!

Stepping Forward in Love

Stepping Forward in Love inspired by Scripture

1st Sunday of Lent Gospel - Luke 4: 1-13

The temptation in the wilderness

After his baptism, Jesus, led by the Holy Spirit, prepared for his ministry by spending forty days in the wilderness, in prayer and fasting, just as we are about to spend 40 days of Lent preparing for his passion and resurrection at Easter. He was tempted to be a false 'Messiah' of worldly deeds and power, but He humbly submitted to His Father.

Jesus, we pray for the grace to follow your example this Lent and to be attentive to how the Holy Spirit is leading us. Help us to remember that our efforts in giving something up, or being more faithful in going to Sunday Mass and prayer, or almsgiving, are all to bring us closer to You and knowledge of Your love for us.

Don't forget if your children would like to watch a short Sunday liturgy to prepare for Mass, there are many good ones, but you could start with

<https://www.themark10mission.co.uk/> (main video is for ages 8-12 and Little Liturgies is for age 7 and below).

Stepping Forward in Love through the example of the saints

Saint John of God (1495-1550) Fri 8th March

Saint John of God had a very poor and difficult childhood. He spent the first part of his adult life being a soldier and having various adventures but never married or stayed in one place for very long. Then one day he heard a famous and very holy man preach - the man we now call Saint John of the Cross - and he was instantly converted to a deep faith. He had a vision of the baby Jesus who gave him the name John of God, and he also had a vision at the shrine of Our Lady of Guadalupe who encouraged him to help the poor.

He was very generous and was always giving away his cloak to poor people - so much so that one day a bishop gave him a religious habit, and this was the start of what became the world-wide religious order the Brothers Hospitallers of Saint John of God, which still exists to love and serve God in the needy today.

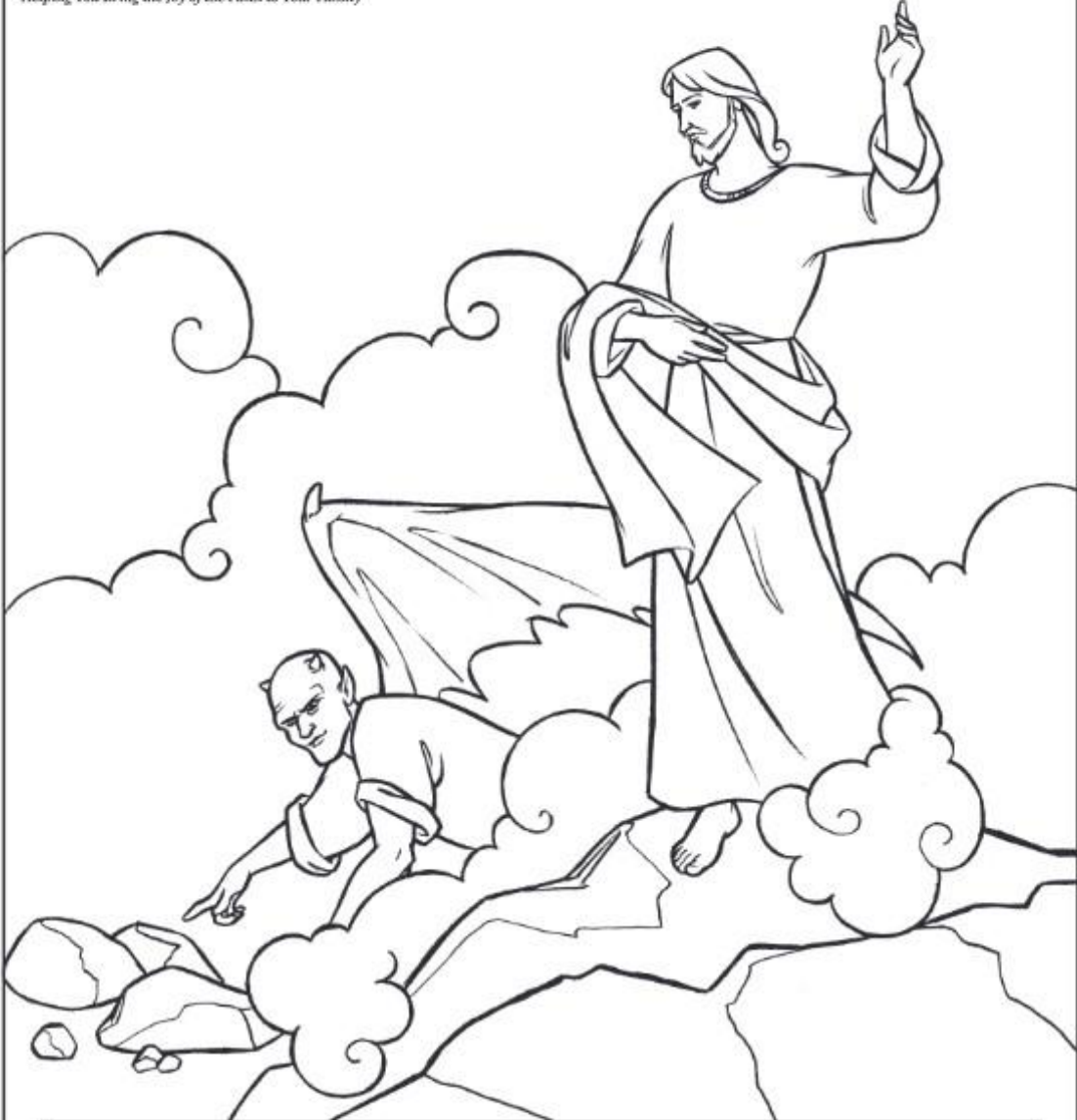
*Do I know anybody who is sick? Can I help them or show them they are loved in some way? Perhaps I could pray to St. John of God for them.
Saint John of God pray for us.*

Stepping Forward in Love begins with prayer

- ❖ Why not light a candle and pray together as a family if you don't already. Being with the sign of the cross. You could start by singing a simple hymn or song of praise to God. Then ask the Holy Spirit to help you to pray well and to grow in love and holiness this Lent. Take turns to thank God for things from the day, have a short time to say sorry in your heart for when we didn't do, think or say the right thing, and finish with a short time of intercession for the people and situations on your heart. Pray the Our Father together and finish with the prayer to our guardian angels.
- ❖ Bless your children with a simple sign of the cross on their forehead asking God to bless them as they go to sleep. As you bless them, pray out loud, "May the Lord bless you tonight" or "May God bless you tonight and give you peaceful sleep" or a similar blessing of your choosing.

Activities

- ❖ Set up a prayer table/corner if you don't already have one. You could include some of:
 - A purple cloth for Lent
 - A crucifix
 - A candle
 - A religious statue or icon
 - A bible
 - A rosary
- ❖ Make a decision to pray, to give up something and give alms this Lent in some way. Remember that what we decide should bring us closer to God and His love for us, and closer to others. We have the same Holy Spirit in us as Jesus had in the desert, to help us in our weakness.
- ❖ Print out and pin up your Lenten Calendar and Lenten Path
- ❖ *Extended confession time will be on Saturdays throughout Lent
9:30am - 12pm at St Peter's (upstairs in the Pastoral Centre)*



"Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over He was hungry. The devil said to Him, 'If You are the Son of God, command this stone to become bread.' Jesus answered him, 'It is written, "One does not live by bread alone."' (Luke 4:1-4)

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The Temptation of Christ

When the devil had finished all this tempting, he left him until an opportune time. Luke 4:13 (NIV)

Based on Luke 4:1-13



U F O R T Y A W O R S H I P N
 I G S L W X D T E M P T E D L
 L O U W E N R B F M T W O S A
 Y Z O V A E D I E I F Y Y N P
 J S I M S A U L R E N A N W E
 P L M E E D A I Y A D A Q Y P
 A O D R E S P T D M T L Y Y F
 C N B I U S I R O S E I K F N
 D D G R L R O Z S A M I I Y Z
 S W E E O J O N E Q P H N G V
 K J V H L D E V I L L U G J Q
 S U T H A S M G N D E N D H M
 S U U R O M W O R L D G O U W
 A X T H S L Q Z O J P R M O P
 W O S G S R Y N P W A Y S K M

DESERT	ANGELS	WORSHIP	HUNGRY	KINGDOMS
TEMPTED	DEVIL	JORDAN	AUTHORITY	BREAD
SPIRIT	JERUSALEM	COMMAND	FORTY	STONE
LIVE	DAYS	WORLD	TEMPLE	HOLY

