



CATHOLIC
CHARITIES
of St. Paul and Minneapolis

On Our Lenten Journey

1ST SUNDAY OF LENT

C CYCLE

WHAT YOU WILL NEED

Bible and Candle

TIMING FOR THE REFLECTION

Timing listed is for one hour. Expand or shorten via the Initial Reflection or Sharing our Economic History.

Prayer:	2 minutes
Commitment:	5 minutes
Gospel Reading:	3 minutes
Reflection:	15 minutes
Sharing our Economic History:	30 minutes
Closing Prayer	5 minutes

OPENING PRAYER

Quiet the group, light the candle, and after a moment of silence, the leader states:

As we enter the season of Lent, let us be conscious of our own strengths and weaknesses as people of God. Let us take the opportunity that Lent gives us to renew our commitment to the God of love and to each other as members of this community.

We pray together in thanksgiving for God's gifts and to acknowledge our own sinfulness before each other in community and so we confess together:

All: Most loving and gracious God,
Forgive our sins,
Those we commit knowingly,
And those we do without perceiving
how we have hurt others.
Open our hearts to hear your truth,
To understand our failure
And to reach a new level of wisdom,
That in all we do and say,
We may bring glory to your name
And love and compassion to each other,
In Christ's name we pray.
Amen

COMMITMENT

Read the Commitment section from the Introductions page and ask everyone for their agreement to courtesy and commitment.

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GOSPEL READING

Luke 4: 1 - 13 The *New American Bible*

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.'"

Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and their glory: for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me: Jesus said to him in reply, "It is written:

'You shall worship the Lord, your God,
and him alone shall you serve.'"

Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here for it is written:

'He will command his angels concerning you, to guard you.' and
'With their hands they will support you, lest you dash your foot against a stone.'"

Jesus said to him in reply, "it also says, 'You shall not put the lord, your God, to the test.'"

When the devil had finished every temptation, he departed from him for a time.

REFLECTION

After Jesus was baptized in the Jordan and filled with the Holy Spirit, he was tempted. The temptations invited Jesus to abandon his love of God and refuse to truly be the Word Incarnate, God among us.

Jesus was forced to choose among his demons or to participate in human history in a unique loving way that ultimately led to the cross.

We all have our own demons to contend with.

How do we struggle with these demons as we seek to live out our own baptismal commitment?

Have you taken the time you need to withdraw to the desert so that you know what demons are tempting you?

Lent is the preparation for Easter, the holy day of Hope. How do we prepare for that day as an active Christian living in community?

SHARING OUR ECONOMIC HISTORY

Each of us brings our own economic history to the discussion of poverty. Some of us know poverty from first hand experience, others have had little first hand knowledge of poverty.

Whatever our history is, our economic backgrounds often color our attitudes, priorities and personal reactions to the conversation about poverty, even a conversation within a faith context.

Take a few minutes to take a personal inventory about the “baggage” that you bring to the conversation. Questions for reflection:

- How would you describe your economic situation as a child?
- What did you learn from your parents (guardians) about the meaning of money?
- How did people in your family react when someone else was unable to meet their basic needs?
- What did you learn or observe about the relationship between education and economic stability?
- What parental attitudes did you learn about taxes, charitable causes and the idea of community?
- Did your faith formation shed any light on your response to those living in poverty?

After a few minutes of individual reflection, share your story with each other.

- How do you think your economic history impacts your ideas and reactions to the notion of poverty?

CLOSING PRAYER

Let us pray together:

How easy it is to ignore the world
 To hide in our own backyard and tend to our private needs.
 How easy it is to pretend not to see, to want comfort and peace.
 How easy it is to say “All is fine.
 No need to get involved. I can’t make a difference anyway.”

Call us from such indifference and complacency.
 Disturb our souls that we may live to provide for those
 Hungry, homeless, those orphaned, widowed, and oppressed.

In serving them, may we come to know the meaning of loving you;
 In the name of Jesus, we pray.
 Amen

Adapted from Prayers for Humanity