CELEBRATING AT HOME
1st SUNDAY IN LENT

Temptation to transfiguration (Matthew 4:1-11)

Sign of the Cross

In the name of the Father, and of the Son,
and of the Holy Spirit.
Amen.

We stand in your presence, O God;
and we praise your holy name.

May you mercy be upon us, O Lord;
as we place our trust in you.

Show us your mercy and love;
and grant us your salvation.

Preparing to hear the Word

God of everlasting goodness,
we have turned away from you
and from each other,
and sought our peace elsewhere.
But you have not turned away from us,
for you are full of kindness and compassion,
slow to anger and rich in mercy.

You, God of eternal love,
call us back to you,
fasting, weeping, mourning;
with hearts broken in sincerity
that we might know true forgiveness
and learn to love again.

May we learn to trust your love for us, O God.
Come, Holy Spirit,
tempt us to goodness with God's love.

Scripture Reading (Matthew 4:1-11)

Jesus was led by the Spirit out into the wilderness to
be tempted by the devil. He fasted for forty days and
forty nights, after which he was very hungry, and the
tempter came and said to him, 'If you are the Son
of God, tell these stones to turn into loaves.' But he
replied, 'Scripture says:
Man does not live on bread alone
but on every word that comes from the mouth of
God.'

The devil then took him to the holy city and made him
stand on the parapet of the Temple. 'If you are the

Son of God' he said 'throw yourself down; for scripture
says:
He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:
You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil
showed him all the kingdoms of the world and their
splendour. 'I will give you all these' he said, 'if you fall
at my feet and worship me.' Then Jesus replied, 'Be off,
Satan! For scripture says:
You must worship the Lord your God,
and serve him alone.'

Then the devil left him, and angels appeared and
looked after him.

Reflection - *Temptation to transfiguration*

Our great Lenten journey has begun. It's a journey
which begins in ash and ends in water. Fire is a
profound part of our experience. We know its power to
destroy, blacken and reduce to ash.

We know that evil can do the same - destroy our
wholeness of spirit, blacken our lives and reduce the
beauty of human life to so much dust.

We begin Lent in the ash of acknowledging our own
part in harbouring, creating and doing evil - those
places in our hearts where the fire of anger, bitterness,
selfishness or narrowness of mind and heart has left
nothing but cold ash.

The ash is a reminder that our true life is not found
in mortal things which eventually turn to dust, but in
eternal things. We also know that out of ash new life
can bud, grow strong, bloom into fullness - that's the
Easter miracle.

As always, the Gospels of the first two Sundays in
Lent provide a road map for our Lenten journey from
temptation (this Sunday) to transfiguration (next
Sunday).

We allow ourselves to be tempted out of the ash of selfishness and narrowness of heart and into a life of open-hearted goodness. We celebrate God's graciousness to us by sharing what we have with those in need whether it be food, wealth, time, love, friendship or compassion. That's what it means to 'repent and believe the Good News'.

In these days when we are so conscious of the impact of human life on God's creation, perhaps we could think about some permanent fasting from our excessive consumption of power, food and petrol in order to allow our earth to heal, to breathe and to continue to be a source of nourishment and life for the whole human family.

Quiet time for reflection

Prayers of Intercession

God of mercy, source of life:
pour out your Spirit on us who long for
your healing and strength in this time of pandemic.
Lord, hear our prayer.

Your Son was tempted.
May we declare the Good News
that He has shared our struggle
and felt our joy and pain.
Lord, hear our prayer.

For all who have died recently especially those who have died from Coronavirus. Give them peaceful rest and comfort their families and friends. Give your healing to those who are sick and keep those caring for them strong in your love.
Lord, hear our prayer.

Lord's Prayer

Formed by the teaching and example of Jesus,
we pray:

**Our Father, who art in heaven,
hallowed be thy name.
Thy kingdom come.
Thy will be done on earth
as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.**

Closing Prayer

God of love,
you establish everything in Christ
and draw us into his all-embracing love.
Guide those preparing for the Easter Sacraments,
strengthen us all in our Christian vocation,
build us into the kingdom of your Son,
and seal us with the Spirit of your promise.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you and the Holy Spirit, God,
for ever and ever. **Amen.**

Blessing

May your blessing be with us, O Lord,
keeping us safe,
and bringing us to life.
Amen.

Journey into the Light

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when many cannot gather together as we usually do to celebrate the Eucharist. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family at this time.

The
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