

# 1<sup>st</sup> Sunday Lent Year A 2026

**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.

## **The Message.**

This Sunday's Gospel tells us about the period of time Jesus spent in the desert. Jesus spent that time separating himself from all of the worldly goods and benefits. During this time Jesus fasted and spent much time praying. Jesus was tempted by Satan to give in and break his fast but he held strong and knew that God was with him on his journey to holiness. If we 'give up' something during Lent we too are on a journey of holiness. It can be very hard to take away our favourite foods or games for Lent but the reason we do this is to try and strip ourselves of the 'extras' and live with our own selves to depend on. For example, if you give up chocolate for Lent, this can be really difficult but as you long for a square of your favourite bar on say week three, you become really strong as you stop yourself giving in. Sometimes we can decide to 'take up' something as well or instead of giving up. This means we try to pray more or help more or do something that takes an extra effort each day. Lent is a time that we try to journey to holiness, it is not for the faint hearted, it is not for those who can lose hope as we begin again each day. What will you do this Lent to help you on your journey towards holiness?

## **Prayer of the Faithful**

1. Lord, we ask you to help us see that you walk each step with us during Lent.
2. Lord our Saviour, empower us as we try each day ensuring that we can begin again with your love.
3. Loving God, we thank you for all the people in our lives that lead and journey with us in faith. Bless each one of them and help them reach out to others in your love.

## **.Meditation**

*Lord, I do not live on bread alone, but on every word that comes from the mouth of the Father. Help me to hunger for this word always.*