



Growing FAITH at home

FIRST
SUNDAY
IN LENT

YEAR B

Lent is a time
to say “No” to
sin and “Yes”
to Jesus



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CONVERSATIONS

Share your highs and lows, or respond to the following:

1. What is temptation? Share about a time when you felt tempted.
2. Jesus spent 40 days in the desert, where he was tempted by Satan. What do you think it was like for Jesus to spend that time alone in the desert?
3. How did Jesus fight Satan's temptations? How does God help us when we are tempted?



BIBLE READINGS

*Read the following Bible readings throughout this week.
Talk about what words or phrases stand out for you.*

S	Mark 1:9-15	The temptation of Jesus
M	Genesis 9:8-17	God's promise to Noah
T	1 Peter 3:18-22	Suffering for doing right
W	Matthew 4:1-11	Jesus' temptation
T	Jeremiah 31:31-34	A new covenant
F	1 Corinthians 10:1-13	God will provide a way out
S	Psalms 25:1-10	Prayer for guidance

VERSE OF THE WEEK

The kingdom of God is near! Repent of
your sins and believe the Good News!

MARK 1:15





CREATIVE RESPONSE

Lent is a time to simplify our lives as a way to enjoy God's steadfast love and faithfulness. Prayer, fasting, and almsgiving are traditional Lenten practices. Consider some of the following faith practices to become part of your daily routine:

- Pray daily and include the Lord's Prayer.
- Read the Bible regularly.
- Sit in silence for prayer and meditation.
- Eat meals with others and include a mealtime prayer.
- Fast by eating smaller portions or simpler foods.
- Nurture relationships by spending time together.
- Listen to others as you engage in conversations.
- Give a donation of time and/or money to a service organisation.
- Commit to daily acts of kindness.



ACTION RESPONSE

Make a "crown of thorns wreath" to serve as a home devotional feature. Make or purchase a grapevine wreath to use as the base. Insert six purple candles, one for each remaining week of Lent, and a white candle to represent Christ. Light one candle for this next week, two candles for the week after, and so on. Begin Holy Week (on Palm Sunday) with all of the candles lit, then extinguish one candle each night thereafter. Light the Christ candle as you celebrate Jesus' resurrection on Easter Sunday.



MEALTIME PRAYER

For food in a world where many walk in hunger; for faith in a world where many walk in fear; for friends in a world where many walk alone - we give you thanks, O Lord. Amen.



PRAYER

**Lord, please give
Lord, we worship
you; God, we trust
in you. We put our
hope in you all day
long. Amen.**



BLESSING

**May God help
you when you are
tempted, and lead you
along his good path.**