

Sunday Gospel Reflection:

First Sunday of Lent

1. Sign of the Cross

2. Gospel: Mark 1:12-15

“The Spirit drove Jesus out into the wilderness and he remained there for forty days...”



The Temptation of Jesus

¹² And the Spirit immediately drove him out into the wilderness. ¹³ He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

The Beginning of the Galilean Ministry

¹⁴ Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, ¹⁵ and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

3. Reflection: (reflect on your own or share together if with others)

1. In the Gospel reading for today we hear how “*the Spirit* drove Jesus out into the wilderness”. What is the Holy Spirit inspiring you to do this Lent?
2. As we begin our own wilderness experience for 40 days, what concrete steps will you take to fulfil the promptings of the Spirit?
3. Have you had an experience where you experienced a spiritual rebirth or “resurrection” following Lent?

4. Share petitions that you would like to pray for: Finish with the Special Petition.

Special Petition: For the grace of being attentive to the voice of the Spirit this Lent: We pray to the Lord

5. Lord’s Prayer

6. Sign of the Cross.