



CELEBRATING AT HOME
1ST SUNDAY IN LENT

From temptation to transfiguration (Mark 1:12-15)



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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 your 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 *(Mark 1:12-15)*

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

Reflection - *from 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

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Prayers of Intercession

Loving God,
you have given us your Son to share our life,
so that we, in turn, may share life with you.
Hear us as we pray:

God of mercy, source of life:
pour out your Spirit on us who long for
your healing and strength.

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.

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

Lord, God,
we thank you for this time together in prayer.
In your loving kindness remember your people.
Deliver us from evil.
May we be your light and your love.
Through Christ our Lord.
Amen.

Blessing

May the Lord bless us,
keep us from all evil
and lead us to life everlasting.
Amen.



Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. 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.



The Carmelites
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