



March 5, 2017 First Sunday of Lent Lectionary: 22 Gospel MT 4:1-11

At that time, Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: *One does not live on bread alone, but on every word, that comes forth from the mouth of God.*" Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: *He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.*" Jesus answered him, "Again it is written, *You shall not put the Lord, your God, to the test.*" Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: *The Lord, your God, shall you worship and him alone shall you serve.*" Then the devil left him and, behold, angels came and ministered to him.

Spiritual Reflection: I think it is important to make a distinction between sin and temptation. Temptations in themselves are neutral. They are neither good or bad. It is what we do with them that turns out to be morally good or bad for example, I may be tempted by anger when I see an injustice. If I give into the temptation and return violence for violence, then I have sinned or if I do nothing I have sinned. If, however seeing the injustice I work to correct it or to shed a light upon it I have not sinned. I have done good. I might be tempted to give into gluttony and eat an extra slice of pizza and if I do I have sinned but if I do not than I have practiced the virtue of temperance.

Spiritual Questions:

1. Why was it important for Jesus to be tempted?
2. What is the difference between temptation and sin?
3. What does giving into temptation do to our relationship with God?
4. What does overcoming temptation do to our relationship with God?
5. What are some best practices for dealing with temptation?