


**INTRODUCTION**

-Provide paper and pencils to the group.  
 In the spirit of prayer, let us ask ourselves;  
 -What is the particular thing that usually tempts me?  
 (you may write that particular temptation on the paper and fold the paper in half when done).

 **OPENING PRAYER**

(Any song or prayer to the Holy Spirit)

-Come, Holy Spirit, fill the hearts of your faithful.  
 And kindle in them the fire of your love.  
 Send forth your Spirit and they shall be created.  
 And you will renew the face of the earth.  
 -Lord,  
 by the light of the Holy Spirit  
 you have taught the hearts of your faithful.  
 In the same Spirit  
 help us to relish what is right  
 and always rejoice in your consolation.  
 We ask this through Christ our Lord.  
 Amen.

 **PHASE ONE  
 REMEMBER THE STORY OF JESUS**

**1.1 Proclamation of the Gospel (Mark 1:12-15)**

*(Enthroned the Bible on a table with lighted candle)*  
**A moment of prayerful silence**  
*We will not be able to understand Word of God unless  
 God himself opens our hearts. Let us now welcome Jesus  
 as he speaks to us through his Word*

**Gospel Acclamation:**

An tawo, diri nabubuhi la hin tinapay, kunid nabubuhi  
 liwat han pulong nga tikang sa Diyos.  
 (One does not live on bread alone but on every word that  
 comes from the mouth of God)

**A reading from the holy Gospel according to St. Mark**



**Temptation of Jesus** (see also Mt 4.1-11; Lk 4.1-13)

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.  
 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."

Reader: The Gospel of the Lord  
 All reply: Praise to you, Lord Jesus Christ

**1.2 Brief Guided silent Meditation / Personal Prayer**

Here are some questions to help us in our personal reflection.

- What picture came to your mind upon hearing the Gospel?
- What happened to Jesus in the wilderness?

**1.3 Text in Context**


Mark's story on Jesus temptation is very short and simple but full of meaning. Unlike Matthew's and Luke's way of telling the same story which contains more details on how Jesus says no to the devil.

**How does Mark describe Jesus' temptation in the desert?**

The Spirit led Jesus to the desert; Jesus stayed there for forty days; Jesus was tempted by Satan.

**Who are with Jesus in the desert?** wild beasts, angels

**What does this Gospel tell us about the angels?** The angels ministered to Jesus during his forty days in the desert.

**PHASE II REFLECT the Story of the Church (Teachings of the Church)** 

Jesus' story of temptation started when he passed through the waters of baptism with this scene:

*"the heavens being torn open the Spirit like a dove descending upon him" then a voice says "you are my beloved Son, with you I am well pleased."*

After this event, *the Spirit immediately drove him (Jesus) out into the wilderness.*

We may ask: *Why did God allow Jesus to be tempted with the Holy Spirit pushing him to the desert?*

In sharing our being human, Jesus has to strengthen himself against the many forms of evil in his time. Before his public ministry, Jesus has to experience a real battle against temptation. Jesus is not alone. He is filled with the Holy Spirit who never speaks, but put into his mouth the Word of God that has been his weapon against the lies of

the devil, the *tempter*, as told in the temptation story of Matthew and Luke.

While in the wilderness Jesus' whole being attests:  
*The kingdom God is at hand.*

God has come and now rules. God is in control of everything. In God, sin has no power over Jesus. He is not alone. Jesus received the power of the Holy Spirit on his Baptism. The spirit dwells and remains in him right at beginning of his mission and throughout his life on earth.

During *the forty days Jesus was tested by the devil* (Luke 4: 2). He could have shortened the work of the devil. He overcame temptations not using his power but from his reliance on God's love and faithfulness. The voice of the Father echoes with the company of the Holy Spirit: *You are my beloved Son.* Jesus chooses God and always say YES to God against devil's promises.

At Baptism Holy Spirit comes and stays with us. The Holy Spirit guides and enlightens us to choose what is good in the spirit of freedom. Let us not waste the grace of baptism.

Am I open to the Holy Spirit to work in me as follower of Jesus especially this Lent?  
Do I ask the guidance of the Holy Spirit when I am confused and do not know what do?  
What are my temptations? Do I believe in the power of the Holy Spirit that it can help me resist temptation?  
With so many restrictions brought about by pandemic:  
-how do I see myself in times of fear, sadness, sorrow and anger?  
-ow do I make use of my judgement over persons, things and events?

We do not fight temptations by ourselves, we can only win if we fight with Jesus because he himself experienced it

*Jesus, who was tempted himself, knows that we are weak human beings, who have little strength of our own with which to oppose the evil one. He graciously gives us petition from [the prayer] Our Father, which teaches us to trust in God's assistance in the hour of trial.* 525 YOUCAT

Let us now beg the Lord...  
*lead us not into temptation but deliver us from evil.*  
Pause for a while and let us repeat it in our hearts slowly and prayerfully

**PHASE THREE RESPOND – with/ in my personal faith /community faith story**

During these forty days of Lent, let us CHOOSE GOD at all times like Jesus.

We are not on our own. God helps us with the Holy Spirit we received in Baptism. No one succeeds in resisting temptation alone. God helps us.

God also gives us the community of the Church to help us. As one family of God, we walk together in these practices to train ourselves in resisting temptation.

- Fasting
- Prayer
- Almsgiving

You may see again what you wrote on the paper.

In prayer, let us ask ourselves:

How will I try to resist the temptation I wrote down?

When done, invite the group to tear up the paper and place the pieces in a container to be burnt.

We pray that the fire, symbolizing the light of the Holy Spirit may guide us in all our actions especially during these forty days of Lent.



**CLOSING PRAYER**

When we are baptized, we make promises to reject Satan and proclaim what we believe in the Holy Trinity. Since most of us received baptism when we were infant, our parents did it for us

Let us try to understand what this prayer means and ask God's help to resist temptation. On Easter, we will renew our baptismal vows with this prayer. For a while, we pray this baptismal vow as a big reminder while we enter to the wilderness of Lent in our struggle to choose God always.

<p>V. (Parent/Catechist) Do you reject Satan? R. (Response) I do.</p> <p>V. And all his works? R. I do.</p> <p>V. And all his empty promises? R. I do.</p> <p>V. Do you believe in God, the Father Almighty, creator of heaven and earth? R. I do.</p> <p>V. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary was crucified, died, and was buried, rose from the dead, and is now seated at the right hand of the Father? R. I do.</p>	<p>V. Do you believe in the Holy Spirit, the holy Catholic church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting? R. I do.</p> <p>V. God, the all-powerful Father of our Lord Jesus Christ has given us a new birth by water and the Holy Spirit, and forgiven all our sins. May he also keep us faithful to our Lord Jesus Christ for ever and ever. R. Amen.</p>
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**BACKGROUND FOR THE CATECHIST**

**CCC 847** The Holy Spirit makes us *discern* between trials, which are necessary for the growth of the inner man,<sup>152</sup> and temptation, which leads to sin and death.<sup>153</sup> We must also discern between being tempted and consenting to temptation. Finally, discernment unmasks the lie of temptation, whose object appears to be good, a "delight to the eyes" and desirable,<sup>154</sup> when in reality its fruit is death...

**CCC 2848** "Lead us not into temptation" implies a *decision of the heart*: "For where your treasure is, there will your heart be also. . . No one can serve about two masters."<sup>156</sup> "If we live by the Spirit, let us also walk by the Spirit."<sup>157</sup> In this assent to the Holy Spirit the Father gives us strength. "No testing has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your strength, but with the temptation will also provide the way of escape, so that you may be able to endure it.

