

Lent is a time of self-reflection and examination; at how we lived and have become, and where we are heading.

SCRIPTURE
of the DAY

Gen 2:7

"Man became a living being."

Psalms 51

"Lord be merciful."

2nd Reading Rm 5:17

"Grace through Jesus Christ"

Gospel Matt 4:1

"led by the Spirit"



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It's the struggle between the contradictions within myself, between who I am and the values that drive my life. It's the struggle to take responsibility for the realities of my life. Its to face them daily, and not run away from it.

What if that struggle is a necessary part of my daily life? What if the Spirit of God, is leading us through that struggle? Isn't that what we heard in this Sundays gospel where Jesus, "was led by the Spirit into the desert to be tempted by the devil." (Matt 4:1). His, was a struggle about clarifying and deepening the purpose of his life. What if we do the same, with our temptations, this lent?

Lent is a time of self-reflection and examination; at how we lived and have become, and where we are heading. If it is about some other thing or person, we will never face our true selves. Often that's how we treat lent. We need to ask ourselves: What are we avoiding, denying, or running from? It could be something we don't want to face, perhaps an embarrassment, guilt, betrayal or even our blessings.

Not to face our true selves, is to betraying ourselves. Jesus did not do that. He used the temptations to clarify and deepen his life and purpose. Temptation is not just about choices; it is about our identity and direction in life.

Fasting is an important practice for most, if not ALL religions. In your family, especially with members who are of a different faith, learn from each other and be enriched about fasting and its experience. Consider setting aside a day or parts of it, as a fast for unity in the family. ❖

26 FEBRUARY 2023

Newtbec

NEW WAY OF BEING CHURCH

1st Sunday of Lent

SALT OF THE EARTH AND LIGHT OF THE WORLD: COMMUNION, PARTICIPATION AND MISSION



MONTHLY FOCUS:
FAMILY AND UNITY

FOCUS EVENT:
**WORLD INTERFAITH
HARMONY WEEK**

FACING OUR Greatest Temptation

What comes to mind when we think about temptation? We think of it, as a struggle between ourselves and some other thing or person. Temptations are about the struggles within me.