



## First Sunday Of Lent

### Introduction

Serious athletes prepare diligently, professional actors rehearse painstakingly, good teachers do their homework meticulously. Before starting his mission Christ went into the desert to prepare himself for it; to purify his mind and cleanse his heart. Lent is a time when all serious followers of Christ try to renew their lives. In a sense we go into the desert with Christ. But if this renewal does not touch our hearts it is only like putting a new patch on an old garment.

### First Reading (Genesis 9:8-15)

This reading tells how after the flood God made a new friendship agreement (covenant) with Noah and his descendants.

### Second Reading (1 Peter 3:18-22)

St. Peter says that the waters of the flood of Noah's time were a type of the waters of our Baptism by which we are saved.

### Gospel (Mark 1:12-15)

After being baptized by John the Baptist Jesus spent forty days in the desert. While there he was tempted by Satan.

### Prayer Of The Faithful

On this the first Sunday of Lent, we think of Christ God's Son fasting and praying in the desert before starting his mission on our behalf. We pray for the discipline, which will enable us to follow his example so that we too may be victorious over the evil one.

R: Create a new spirit within us, O Lord.

For all Christians: that they may not be content with a superficial renewal of their lives but that they may strive after conversion of heart this Lent. Let us pray to the Lord.

R: Create a new spirit within us, O Lord.



## Liturgy Cycle B

For the leaders of our government: that they may have the courage and the wisdom to tackle the root causes of poverty and crime in our society. Let us pray to the Lord.

R: Create a new spirit within us, O Lord.

From those who are struggling with temptations: that the grace of Christ may help them to be victorious. Let us pray to the Lord.

R: Create a new spirit within us, O Lord.

### Communion Reflection

If we wish to change the outer aspects of our lives we must first change the inner attitudes of our minds.

The miracle of inner change is possible.

History and literature are full of examples:

Paul on the road to Damascus,

Charles Dickens' miser Scrooge,

Matt Talbot the alcoholic.

Something happened inside each of these, and they became new people.

Change requires the substituting of new habits for old ones.

It calls for self-discipline,

You have to command yourself

and make yourself do what needs to be done.

The change of heart to which Lent calls us can be accomplished most of all through the power of prayer.

Lord, each spring you renew the face of the earth.

May you also renew each of us.

so that we may be able to celebrate Easter in newness of mind and heart.