

Lectio Divina for the First Sunday of Lent

We begin our reflection through prayer together:

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Bestow on us, we pray, O Lord,
a spirit of always pondering on what is right
and of hastening to carry it out,
and, since without you we cannot exist,
may we be enabled to live according to your will.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity
of the Holy Spirit, one God, for ever and ever.

Reading (Lectio)

Read the following Scripture two or three times.

Matthew 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.

Meditation (Meditatio)

After the reading, take some time to reflect in silence on one or more of the following questions:

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?

The Congregation after the reflection time, invite the participants to share their responses.

Contemplation (Contemplatio)

Read the scripture passage again, followed by this reflection:

How does this passage connect with the experience of your daily life?

At that time Jesus was led by the Spirit into the desert.

Where is the Spirit leading me? In what places do I feel closest to God? Why?

One does not live on bread alone.

What prayers/people/experiences feed my spirit? What can I do each day to nurture my spiritual life?

All these I shall give to you, if you will prostrate yourself and worship me.

What distracts me from worshipping

God and caring for my neighbour? What practical steps can I take to limit or eliminate these distractions?

Prayer (Oratio)

Read the scripture passage one more time. Bring to the Lord the praise, petition, or thanksgiving that the Word inspires in you.

After all have had a chance to make their prayer, all recite the Lord's Prayer and the following:

Closing Prayer:

I, the Lord, have called you for justice,
 I have grasped you by the hand;
 I formed you, and set you
 as a covenant for the people,
 a light for the nations,
 To open the eyes of the blind,
 to bring out prisoners from confinement,
 and from the dungeon, those who live in
 darkness. I am the Lord, Lord is my name.

(Isaiah 42:6-8a)