



LENT



Lectio Divina

February 22nd 2026 1st Sunday of Lent – Year A – Matthew 4: 1 - 11

⁴⁻¹Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. ² After fasting forty days and forty nights, he was hungry. ³ The tempter came to him and said, “If you are the Son of God, tell these stones to become bread.” ⁴ Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’ ”

⁵ Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶ “If you are the Son of God,” he said, “throw yourself down.

For it is written: “‘He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone.’ ” ⁷ Jesus answered him, “It is also written: ‘Do not put the Lord your God to the test.’ ” ⁸ Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. ⁹ “All this I will give you,” he said, “if you will bow down and worship me.” ¹⁰ Jesus said to him, “Away from me, Satan! For it is written: ‘Worship the Lord your God, and serve him only.’ ” ¹¹ Then the devil left him, and angels came and attended him.

<ul style="list-style-type: none"> ➤ Read and re-read – out loud and slowly the Gospel. ➤ Meditate - on reading as being spoken to you, an experience in your life. 	<ul style="list-style-type: none"> ➤ Pray - Thanksgiving – Repentance – Petition. ➤ Action – Attitude (Call to change / to act /to do).
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In this week’s gospel we see Jesus in the Wilderness. Satan is giving Him a good shaking up. God kept a watchful eye on Jesus making sure no harm came to Him.

There are many times in our lives when we are in the wilderness. How do we feel? What do we do? It is good to know that Jesus is there for us and can fully understand our state of mind, body and soul. He will help us as His Father helped him. He is just waiting for us to ask.

Prayer:

Thank You Lord for this season of Lent which gives us all the opportunity to be still and to take in the wonders of creation and be thankful for all you have done for us.

Forgive us Lord for the times we did not appreciate all the gifts you have given to us. We often waste the wonderful gift of water which we so much take for granted.

Help us Lord to realise that it is often in our darkness that we can be strengthened and find new clarity to our purpose in life. God often leads us to places we fear most to realise that with him we have nothing to fear.

