



February 18th 2024 1st Sunday of Lent – Year B – Mark 1:12 – 15

¹⁻¹² And the Spirit immediately drove him out into the wilderness. ¹³ He was in the wilderness for 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, ¹⁵and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

<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 him and sent his angels to look after him.

When were the times in our lives when we felt we were in the wilderness? How did we feel?

What did we do? Who were the people sent by God to help us?

Prayer:

Thank you Lord for the guardian angels given to each one of us to help and guide us especially in hours of darkness and wilderness.

Forgive us Lord for the times that we let satan rule our lives with his empty promises instead of calling on God who is there to protect us just as he protected Jesus when he was tempted in the wilderness.

Lord help us 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.

Help all of those Lord who feel they are in the wilderness - their days are long and they feel battered by demons. Send them your angels to look after them and guide them out of their wilderness into a new life of joy and freedom.