

Lent 2019

Prayer Journey

1st Sunday



1st Sunday of Lent

We begin our Lenten journey

“The Holy Spirit led Jesus into the desert.”

GATHER

Make sure you are comfortable. Make the sign of the cross.

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

Try this prayer. You can close your eyes or leave them open. Say the words in your head as you breathe.

Come	(breathe in)
Holy Spirit	(breathe out)

Do this several times so you are ready to hear the Word of God.

WORD - LISTEN

Read or listen to the reading from the Gospel of Luke (4:1-13)

Jesus is led by the Holy Spirit into the desert. He spends 40 days there praying, but is tempted by the devil.

RESPOND

At the beginning of Lent, we make Lenten promises to help us change our lives and become closer to God. What will you do to make those changes in your life? Write or draw your promises below.



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Extra

Listen to “Beyond the days” by Ricky Manalo CSP or “On Eagle’s Wings” by Michael Joncas, which is based on the Psalm heard in Luke’s Gospel.

Use the wilderness prayer station in school.

MISSION

Pray

God of life, you gave your Son Jesus strength in the desert. At the beginning of our Lenten journey, give us the strength to do what we know is right and to make changes in our life, even when it is difficult. Amen.

Ask the Holy Spirit to be with you on your Lenten journey.

Pin up the Lenten calendar at home – cross off the days as you journey through Lent or mark the prayer or actions you do each day.