

1st Sunday in Lent

Deut. 26.4-10, Rom. 10.8-13, Lk.4.1-13

THEME: Remember, The Period Of Temptation Is Only A Phase.

Today we enter the first Sunday of Lent. The period of Lent is a holy season; a time for personal recollection. This is the period for us to access a level of relationship with our God.

Lenten season is a period of fasting, more prayers, alms giving, and self-denial to help those who are in need.

This is the time, for us to look into our lives and find out what areas need improvement.

What are the areas of my life that temptation comes often? How am I going to prepare myself so as not to give in to this temptation.

Furthermore, in our area of sacrifice and self denial: Chose something to embark on this Lenten Season, e.g. A lady who used to smoke a pack of cigarettes every day, has come down to 7 sticks each day, and the money saved should be given to the poor. What about you this Lent?

Let us, always bear in mind that whatever thing we save during Lent from our fast and self-denial, should not go back to our pockets, but must be given out to the poor or the needy for you to have the blessing from God.

Today, in the gospel reading, we saw how our Lord Jesus Christ was faced with several temptations during his desert experience. In our own moments of desert experience, may we always stand firm and hold fast to our faith in God, when the evil one presents to us deceitful gifts and offers in order to lead us away from God. Let us always bear in mind, that periods of temptations in our lives or families or places of work are only a phase, they will come and go. With prayers, fasting and strong faith in God we shall come out of them victorious like our Lord Jesus did.