

# Understanding the Gospel



## THE FIRST SUNDAY OF LENT - YEAR B

### WHAT DO I SAY?

On this first Sunday of Lent, we hear a short reading from the Gospel of Saint Mark, which gives a brief account of Jesus' forty days in the desert. Our Gospel this week may be brief - but it still has a really important reminder - that even Jesus was tempted but he was strengthened by the help that God sent him.

During Lent, we are trying to strengthen our ability to resist temptation. That can be a rather overwhelming task! But don't worry - God does not expect us to do this on our own. God helps us by giving us the Holy Spirit when we are baptized. God also gives us the support of a community in the form of the Church and our families, to help us. When we struggle we can pray and ask God for help and not only will he help us to resist temptation in that moment - but the experience of prayer and reaching out to God will help us grow closer to him and will help us even more in the long run. Remember that the more we say "yes" to God in the everyday small things - the easier it will be to say "yes" to God when he asks big things of us. It's like preparing for a race, the more you run the better you become at running. The more you reach out and lean on God and ask the Holy Spirit for help when you need it - the easier it will be.

Because of this, we can be sure that what we are doing right now during Lent will continue to bear fruit in our lives even after Lent is over. The sacrifices we are making right now are strengthening us!

### TALK IT OUT

When is a time that you had to pray to God and ask him to help you?