

First Sunday of Lent

21st February 2021

Preparing the prayer space

Place a purple cloth on the table or floor (purple – the colour for Lent)

Place a cross, bible and candle on it. Light the candle or use a battery-operated candle for safety. Add any other symbols relevant to your family.

Prepare materials

- Youtube as listed on sheet: Scripture story and song
- Suggested activities: your choice or other related activity on sheet
- Print out sheet if required



[This Photo](http://www.thefunston.com/wp-content/uploads/2012/02/jesus-desert.jpg) by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/4.0/)
<http://www.thefunston.com/wp-content/uploads/2012/02/jesus-desert.jpg>

Gather around the prayer space as a family

Parent/Caregiver:

Today, we hear that Jesus went into the desert and was tempted. While he was in the desert the angels looked after of him.

Opening prayer: God of love, help us to listen to your word in the Gospel story and to follow you more closely in times when we are tested. We make our prayer through Christ our Lord. Amen.

Gospel: A reading from the holy gospel according to Mark (1:12-15).

All: Glory to you O, Lord.

Right away God's Spirit made Jesus go into the desert. He stayed there for forty days while Satan tested him. Jesus was with the wild animals, but angels took care of him.

After John was arrested, Jesus went to Galilee and told the good news that comes from God. He said, "The time has come! God's kingdom will soon be here. Turn back to God and believe the good news!"

The gospel of the Lord. All: Praise to you, Lord Jesus Christ.

(Gospel text © Lectionary for Masses with Children (1993) Catholic Book Publishing Co. New York)

Prayerfully watch the videos together

Jesus is tempted <https://www.youtube.com/watch?v=mc-x4qKY6Wc>

Scripture reflection and time of sharing:

I wonder when I have felt God's Spirit leading me...

I wonder why God's Spirit made Jesus go into the desert...

I wonder why Jesus stayed in the desert for forty days...

I wonder how Jesus was feeling...

I wonder how people felt when they heard Jesus say, "God's kingdom will soon be here"...
I wonder what I can do to be closer to God this Lent ...

Let us sing together our beliefs as Christians:

I Believe - by John Burland ft. Genevieve Bryant

<https://www.youtube.com/watch?v=mvYbfojVkJGQ> (4 mins)

Intercessions: Let us now spend some time in prayer asking God to listen to our needs.
(*We respond to the prayers by saying the words 'Lord, hear our prayer'*)

1 We pray for Pope Francis, Archbishop Patrick O'Regan, all Church and world leaders: that they will be faithful leaders who bring the good news of Jesus to the world.

Lord, hear us. **All:** Lord, hear our prayer

2 We pray for families in our world who are suffering in any way at this time, that they know they are deeply loved by God.

Lord, hear us. **All:** Lord, hear our prayer

3 We pray for our families, parishes and communities in this season of Lent that during this time we can grow in love and bring peace to the world through our actions.

Lord, hear us. **All:** Lord, hear our prayer

4 We pause for a moment and pray in our hearts or aloud for any intentions or people we would like to pray for at this time (*pause*) Lord, hear us **All:** Lord, hear our prayer

6 We pray for all people who have died recently and especially for people we know and love: that they will now be united with Jesus.

Lord, hear us. **All:** Lord, hear our prayer

Closing prayer: God who calls us to be close, you care for us by sending your Spirit to lead us and your angels to protect us. We believe in your love – you sent Jesus to show us how to live a life of faith. We believe in your love – because of the Holy Spirit who breathes life through us and guides us. Amen.

Closing song: *A Gift to You* <https://www.youtube.com/watch?v=n3iG1gkW9R0>
(2.52 mins)

Follow up activity suggestions after the time of prayer has come to a close.

- Write a prayer to Jesus in your prayer journal (special notebook).
- **Sand Art**
Draw a picture of Jesus in the desert or print one out (You can use this link: <http://www.drawn2bcreative.com/40-days-lenten-printables-jesus-desert-coloring-page/>)
Colour in the picture. Use craft glue in the areas where you would like the sand to be, then sprinkle sand over the top. Shake the loose sand off and let dry.
- **Do a challenge!**
In today's gospel' Jesus was tested for 40 days in the desert, this was not easy. Challenge yourself to do something difficult, e.g., see how long you can balance on one leg, not talk, not use devices, watch tv, etc.
<https://truewaykids.com/the-temptation-of-jesus/>
- **Make a Lenten Calendar with Acts of Kindness**
Create your own or print one out <https://www.catholicicing.com/printable-lenten-calendar-for-kids/> and write small acts of kindness for different days during Lent. Colour each day as you go along, then you can keep track of the days until Easter and track your Acts of Kindness too!