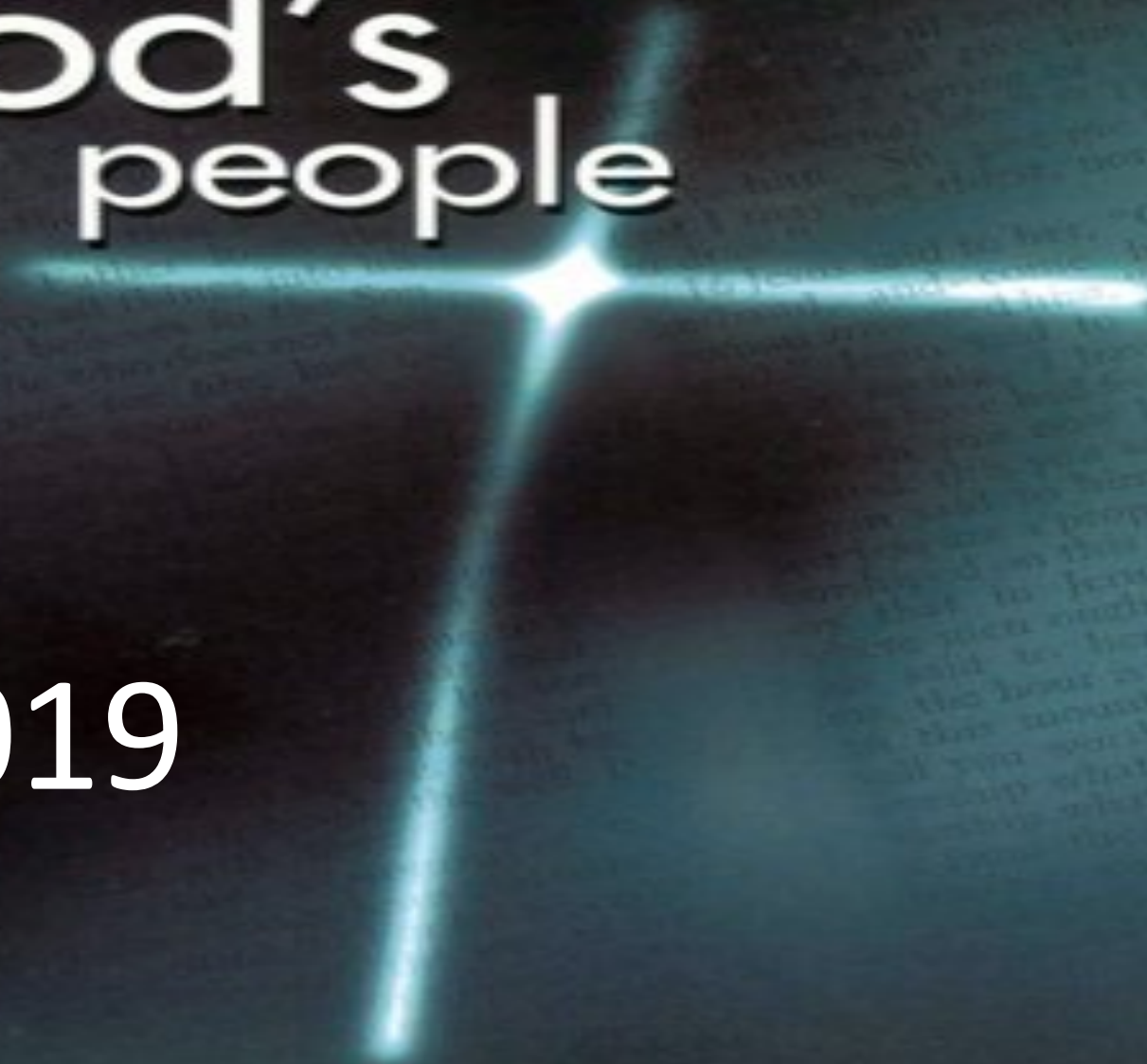


called to be
God's
people

Lent 2019



Jesus went into the desert to prepare himself for his mission. Jesus had no need of conversion, but was led by the Holy Spirit to be tested, in order to obey the will of his Father, and to give us the grace to overcome temptation.

His preparation consisted in fighting “against the spirit of evil” – and for us, too, Lent is a time of spiritual combat. “We are called to face the Evil One with prayer,” so that, “with God’s help,” we might be able “to overcome him in our daily life.”

Lent is not a time of sadness. It is, instead, “a joyful and serious commitment to strip ourselves of selfishness and to renew ourselves according to the grace of our Baptism.”

Only God can give us true happiness, it is useless for us to waste our time seeking it elsewhere.” So as we journey through lent this week we will strive to be happy in all that we do and say.



Luke 4:1-13

Jesus, full of the Holy Spirit, left the Jordan and was led by the Spirit into the wilderness, where for forty days he was tempted by the devil. He ate nothing during those days, and at the end of them he was hungry.

The devil said to him, “If you are the Son of God, tell this stone to become bread.”

Jesus answered, “It is written: ‘Man shall not live on bread alone.’”

The devil led him up to a high place and showed him in an instant all the kingdoms of the world. And he said to him, “I will give you all their authority and splendour; it has been given to me, and I can give it to anyone I want to. If you worship me, it will all be yours.”

Jesus answered, “It is written: ‘Worship the Lord your God and serve him only.’”

The devil led him to Jerusalem and had him stand on the highest point of the temple. “If you are the Son of God,” he said, “throw yourself down from here. For it is written:

“‘He will command his angels concerning you to guard you carefully; they will lift you up in their hands,

so that you will not strike your foot against a stone.’”

Jesus answered, “It is said: ‘Do not put the Lord your God to the test.’”

When the devil had finished all this tempting, he left him until an opportune time.

Prayer for the Week

God of happiness and peace,
you made the world a place of awe and wonder,
but sometimes we forget this,
filling the world instead with anger and hurt,
with sadness and negativity.
Help us today to make our words positive and
loving,
our actions kind and generous, and our lives truly
happy.
Amen.



Monday 11th March 2019

Action: Do something positive for someone else

Thought: True happiness consists in making happy. (Hindi proverb)

Reflection: It's often said that actions speak louder than words. And sometimes the best actions are those that surprise others. This week's prayer is all about happiness and it begins with a happy challenge: to do something positive for someone else. It could be even better if that thing is unexpected, a surprise, or even done in secret or anonymously. Happiness is a bit like having a cold – it's infectious. But unlike having a cold it's a good thing and doesn't normally make you sneeze... Take a moment of quiet prayer and reflection now, as you ask God to bring you a cheerful spirit.

Prayer for the Week

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our actions kind and generous, and our lives
truly happy.
Amen.

Tuesday 12th March 2019

Action: Have an argument-free day and pray for people who live in situations of conflict

Thought: To be near God is my happiness. (Psalm 72:28)

Reflection: On the Cross, Jesus offered a ray of hope to the thief who was being crucified next to him: 'Today you will be with me in paradise.' It was an important sign to show that God is always ready to give people a chance to live in peace. When we think about heaven – about 'paradise' – we often think about a place up in the clouds somewhere, somewhere that is light and dreamy, a place that is peaceful and happy. But in the 'Our Father' we also pray that earth might be like heaven. So today's action is about building a little bit of heaven here in college. Ask our peaceful and hopeful God to keep you at peace today, free from arguments and tension. Do it for the good of our community, but also do it for those people who don't get that chance: the millions who are threatened by war, conflict, violence and oppression.



Prayer for the Week

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our actions kind and generous, and our lives
truly happy.
Amen.

Wednesday 13th March 2019

Action: Feed the ducks!

Thought: A cheerful heart brings a smile to your face; a sad heart makes it hard to get through the day. (Proverbs 15:13)

Reflection: Feed the ducks... or just do something that is simple, easy and gentle, like go for a walk later on, spend time with an older member of the family, write a letter to somebody special... Today's action is about spending some quality time either alone or with someone who is important to you. Life can be a bit speedy and noisy at times – take time out to look around you, to think about someone else, to appreciate the wonders of God's creation.



Prayer for the Week

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you made the world a place of awe and wonder, but sometimes we forget this, filling the world instead with anger and hurt, with sadness and negativity.
Help us today to make our words positive and loving,
our actions kind and generous, and our lives truly happy.
Amen.

Thursday 14th March 2019 (CAFOD Lent Fast Day)

Action: Eat soup! Mark CAFOD Lent Fast Day

Thought: 'Those that love God must certainly also love their neighbour.'
Saint Maximus

Reflection: It's CAFOD Lent Fast Day, a day where we can choose to deny ourselves our usual food and drink and hopefully raise some money in support of CAFOD. It's just one day for us – but for millions of people fasting is a desperate way of life, not a one-off gesture of charity. Our fasting unites us with the hungry, it shows that we care and that we're not ready to accept famine and poverty. We're blessed that we have the luxury of fasting – so as we deny ourselves some food today, let's pray for our sisters and brothers in the world who long only to survive.

Prayer for the Week

God of happiness and peace,
you made the world a place of awe and wonder,
but sometimes we forget this,
filling the world instead with anger and hurt,
with sadness and negativity.
Help us today to make our words positive and loving,
our actions kind and generous, and our lives truly
happy.
Amen.

Friday 15th March 2019

Action: Be an optimist...

Thought: Happiness is not a station you arrive at, but a manner of travelling.
(Margaret Lee Runbeck)

Reflection: Saint Augustine reflected on the two men who were crucified alongside Jesus: 'Do not despair; one of the thieves was saved. Do not presume, one of the thieves was damned.'

Even in desperate situations there is always room for hope. Perhaps we can think of some examples when people have really struggled or felt really low, but they've been encouraged by the words, actions or gestures of someone close to them?

Our faith invites us to be optimistic – to be really and truly hopeful. Jesus' Cross is as bleak as it gets – but even here there's the hope of the Resurrection – even for the thief who asked for mercy.

The day ahead might have some moments of struggle – but there's also room for hope and optimism. Go happily with the Lord, and think positively.

