



10th March 2019  
FIRST SUNDAY IN LENT  
Overcoming Temptation

SHARE

Share your highs and lows of the day, or respond to the following questions:

1

Share about a time when you felt tempted. What happened?

2

How did the devil tempt Jesus? How did Jesus respond?

3

What can we learn from the way Jesus responded?



Devotions

READ Daily Bible Readings

S	Luke 4:1-13	The temptation of Jesus
M	Deuteronomy 26:1-11	First fruits and tithes
T	Romans 10:8b-13	Jesus is Lord
W	Luke 22:39-46	Jesus on the Mount of Olives
T	James 1:2-18	Trials and temptations
F	Genesis 39	Joseph resists temptation
S	Psalm 91:1-2, 9-16	He is my refuge and my fortress
S	Luke 13:31-35	Jesus' sorrow over Jerusalem

TALK **Talk about the Bible verse. What word or phrase was important to you as you read these verses?**

Rituals and Traditions

PRAY

Lord, make us strong when we are tempted to do wrong. Help us to do what is right and good. Amen.

BLESS

May God bless you with his love and may God rescue and protect you.

Lent

Lent is a time when we re-orientate our lives towards God. We follow Jesus in his journey towards the cross. PURPLE is the colour for Lent and represents the royalty of Jesus and the call to turn back to God.

Creative Response

Lent is a season of the church year when we give particular focus to prayer.

As a household, pray for specific things each day of the week over Lent.

Here are some ideas:

**Sunday** – for pastors and other church workers, and for the ministry of your congregation. (Ask them if they have needs you could specifically pray for.)

**Monday** – for missions and missionaries.

**Tuesday** – for friends and neighbours, and for those who don't know Christ.

**Wednesday** – for political leaders and world peace.

**Thursday** – for colleagues at work or school.

**Friday** – for your relatives.

**Saturday** – for personal needs or concerns.

You may want to print or write up your chosen schedule and post it where all household members can see.

mealtime prayer

Thank you God for our bread that feeds us and for your word that fills our hearts. Amen.

verse for the week

Jesus replied, "The scriptures say, 'You must worship the LORD your God and serve only him.'"

LUKE 4:8

Service

As a household, consider giving up a treat food or activity for Lent.

Each week put into a tin the amount of money saved through this sacrifice. Decide on a charitable cause to donate the money to at the end of Lent.

