

First Sunday of Lent 2024

Preparation

A greater desire and content to look upon Jesus, and to find a will to do nothing but what he would, and because he would. Mary Ward

I become aware of the loving gaze of God.

Opening Prayer

With simple words, I offer myself to be wholly God's

Desire

I desire to be open to the Holy Spirit and I ask for interior knowledge of God's creative love at work in me.

Prayer

I read the prayer texts to anchor myself in the mystery of the Trinity and divine creativity. (see next page)

In my prayer I consider how Jesus was faced with temptations which would have undermined his mission.

With my imagination I enter the wilderness with Jesus and the Spirit.

I ask the Spirit to reveal more clearly what God is doing in me and for me so that I can respond to Jesus whole heartedly.

I ponder the temptations that tend to block God's dreams and mission in me.

I consider repentance and how it involves transforming my attitude and life toward a new outlook.

Colloquy of the Senses

In reverence, I take a bowl of water, the symbol of the waters of creation. I bless it. As I touch the water I consider how as part of creation, I might prepare this Lenten season to become more wholly God's. I share my thoughts and feelings with the Spirit.

PRAYER TEXTS



The Covenant with Noah...

There shall be no floods to destroy the earth again...(Genesis 9:15).

With artistic finesse God chooses the rainbow which curves from the ground to the sky and back again as “a sign of the covenant between me and the earth” (v13). The divine covenant pledge encompasses non-human creatures in their own right: “When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of every kind that is on the earth” (v16).

Elisabeth Johnson, *Ask the Beasts: Darwin and the God of Love*. Continuum, 2015.



Your ways O Lord are love and truth to those who keep your covenant. (Psalm 25:10)

And the Spirit immediately drove Jesus out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe the good news.” (Mark 1:12-15)