



LENT *Faith Conversations*

Week of March 6-12

Sunday Readings: Deuteronomy 26: 4-10, Psalm 91, Romans 10: 8-13, Luke 4: 1-13

ADULT REFLECTION

Sunday Reading Summary: In the first reading we hear of the Jewish custom of offering their first fruits of farming to God. This act recognizes that the very land that sustains them is a gift from God. The Gospel tells of Jesus, before starting his public ministry, going first to the desert to fast and pray for forty days.

These two readings highlight what we hear in the sung verse before the Gospel is proclaimed: “One does not live on bread alone, but on every word that comes forth from the mouth of God.” God has beautifully made us, body-and-soul. According to the Creator’s natural order, our spirit is to guide and be expressed in and through our body. To sustain and lead our spirits, God gives us Jesus. Jesus is for us both the Word-made-Flesh and in the Sacrament of the Eucharist, our Food-for-the-Journey.

Daily life can be so busy it can feel like caring for our spiritual self is a luxury we don’t have time for. Kids need to be driven here and there, work has deadlines, and daily to-do lists rarely get all done. Does our *spirit* lead us through all of this with a certain *presence of mind*? Lent is a great time for taking stock of who we are, how we live, and who we want to be.

For Reflection: *Does your spirituality impact your broader life? (Are you guided by reflection and right judgment? Do you seek meaningful dialogue? Is there space for dreams?) When do you feed your spirit? (Prayerful reading of the Bible, God’s Word; a walk in nature, uplifting music, a good book, a playful hobby, a heart to heart conversation, receiving Jesus in the Eucharist?)*

FAMILY CONVERSATION & PRAYER STARTERS

Let’s make a list of what we *need* (rather than *want*) to be healthy and whole people. What items on our list take care of our bodies? What items take care of our deeper self which transcends our bodies? Is there an order of importance?

“One does not live on bread alone, but on every word that comes forth from the mouth of God” (Mt. 4:4). What do you think this means? How does what God has to say help us be more fully alive? How can we hear him? Might Jesus be encouraging us to take quiet time each day to hear (or feed on) his Word? What does it mean that Jesus is sometimes called the *Word* of God?

How can we, as a family and as individuals, be more attentive to hearing God and being sure our full selves are healthy this Lent?

PRAYER

Be with us, Jesus, as we enter our 40-day journey this Lent. Help us to care for our full selves, body & spirit, by allowing you more access into our lives. Speak to our hearts and give us the strength to lift others’ spirits on their own journeys to you. Amen.

FASTING

Give up one evening of TV, or whatever your usual entertainment, to spend some quiet time prayerfully creating your family’s plan for this Lent. Try to include elements of prayer, fasting, and almsgiving. (Click [here](#) for a printable template.)

ALMSGIVING (SHARING WITH THOSE IN NEED)

Jesus went to the desert to prepare for his mission. This week, spend some time considering as a family how God is inviting you to participate in Jesus’ mission to the marginalized this Lent. Find a charitable project that needs your time, talent, and resources.



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