



# LENT

## Faith Conversations

Week of February 22 - 28

**SUNDAY READINGS:** *Genesis 2:7-9, 3:1-7; Psalm 51; Romans 5:12-19; Matthew 4:1-11*

### ADULT REFLECTION

In the first reading we hear a symbolic account of humanity's original sin. The second reading tells how Jesus, the reverse of Adam, brought life to all humanity by his faithfulness to the Father. The Gospel shows Jesus standing up to the devil's temptations in the desert, remaining faithful.

Sin is a dirty little word we don't necessarily like to hear. Over-emphasized in certain Christian circles, de-emphasized by the rest of the world; the fact remains that there is something in all of us that is broken. That the instinct toward "self" can become distorted, ferocious, even. That there is something—on our own—that we're missing.

Lent puts the reality of sin before us each year. Not to weigh us down, but to remind us that sin steals our freedom, and Jesus offers us freedom. By his cross and resurrection, he can heal what is broken in us. He wants to stand with us in the midst of temptation, modeling and sharing love strong enough to overcome selfishness. He wants to fill our emptiness with himself. Awareness of our own sin can become an opening to divine love.

#### Reflection Questions:

- *In what ways am I broken, empty, or bound?*
- *Have I thought about these "weak points" as openings to God?*
- *Have I allowed Jesus to be a real difference-maker in my day-to-day life?*

### FAMILY CONVERSATION STARTERS

Lent always begins with the story of Jesus fasting and praying in the desert for 40 days, and afterwards being tempted by the devil. Why do you think the Church gives us this story now?

To be tempted means to feel like you want to do something you shouldn't. We all experience temptations throughout the day. Let's share some that we often face. What were the three temptations Jesus faced? How could we summarize them?

What was Jesus' response? It's interesting that he answered each with a truth he'd memorized from Scripture. They were truths he could hold on to even if he may have felt differently at the moment. What truths help us when tempted?



### PRAYER

Be with us, Jesus, as we enter our 40-day journey this Lent. Help us become aware of our own weaknesses so we can experience the joy of leaning on you. Strengthen our hearts in your Word that we may help others on their journey, too. 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.



### ALMSGIVING

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.



DIocese of DES MOINES



With support from:  
St. Joseph Evangelization  
Center

Find this and other  
resources to share at  
[dmidiocese.org/living-lent](http://dmidiocese.org/living-lent)

