



Lenten Faith Groups

First week of Lenten Faith Groups: March 3-9

Welcome & Prayer (5 mins)

Prayer

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, forever and ever.

Open the eyes of our mind that we may understand the teachings of Your Gospel.

Our Father

Icebreaker/Introductions (10 mins)

Name Game

1. One person starts by using an adjective starting with the same letter as their first name, followed by their first name, for example Sweet Sam, or Handy Harold.
2. The next person repeats the adjective and first name of the first person, and then adds their own.
3. Continue around the circle, with the last person having to repeat all the names in order and adding their own.

Proclaim Gospel: Luke 4:1-13 (10 mins)

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." Jesus answered him, "It is written, *One does not live on bread alone.*" Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me." Jesus said to him in reply, "It is written: *You shall worship the Lord, your God, and him alone shall you serve.*" Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written: *He will command his angels concerning you, to guard you, and: With their hands they will support you, lest you dash your foot against a stone.*" Jesus said to him in reply, "It also says, *You shall not put the Lord, your God, to the test.*" When the devil had finished every temptation, he departed from him for a time.

Silence



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Video by Fr. Mike

Proclaim Gospel again & followed by silence

Questions (20-25 mins)

1. What does this passage/reading say to you? Or what struck you?
2. What does it inspire/motivate you to do?
3. What does our culture tempt us with?
4. What are some of the more sophisticated “security blankets” that adults turn to when experiencing doubts and insecurities?
5. What specific practices do you plan to begin this week to resist temptation and to reinforce that it is the power of Christ alone that compels you?
6. What is your Lenten resolution?

Commitment (5/10 mins)

Make a commitment that the group will do this week or individually.

Examples: Everyone pray a decade of the rosary to resist temptation, take cold showers for a week, not eat in between meals

Closing Prayer

Almighty and Everlasting God, You have given the human race Jesus Christ our Savior as a model of humility. He fulfilled Your Will by becoming Man and giving His life on the Cross. Help us to bear witness to You By following His example of suffering. And make us worthy to share in His Resurrection.

MARY, Mother of Jesus, Intercede for all our needs.

Intercessions

Hail Mary... Glory Be...

Announcements/See you next week!