

## FIRST SUNDAY OF LENT

**Q: If I were to ask you what comes to mind when I say “LENT” what would you say?**

Likely responses:

- Penance
- A time to give things up
- A season for going to confession

**Q: But have you ever thought of Lent as the season of love?**

But I would propose a living, healthy, loving heart as the symbol of Lent.

- ❖ As such I would say that lent is a season of awakening our hearts.

*“Rend your hearts, not your garments,”* cries the prophet Joel on Ash Wednesday.

Today’s Gospel reinforce this cry.

- What Jesus goes through at the hands of the devil is an attack on that **living and healthy heart of Jesus**
- Every temptation that the devil throws out is meant to dislocate that **healthy and loving heart of Jesus.**

## FIRST TEMPTATION

The first temptation has to do with the **control over things**: Satan says, *“You are hungry. Use your power. Change these stones into bread.”*

**low**: The devil is appealing to the heart of Jesus to yield his powers for his own benefit.

- This is in direct contrast to Jesus is meant to yield to his powers for the **transformation of people’s lives**

## SECOND TEMPTATION

The second temptation is manipulating the heart of Jesus to become a controller of people *“I will give you power over all the kingdoms of the world”*

- This is again in contrast to the enabling mission of Jesus: his mission is to empower these Kingdoms and its peoples, not to control them for his advantage.

## THIRD TEMPTATION

The third temptation is appealing to Jesus to control God: forcing God’s intervention: *“Leap off the Temple, God will take care of you”*

- Which is in direct contrast to the disposition of Jesus to do God’s will.

## EASTER, TIME TO RENOUNCE SATAN.

The next 40 days to Easter we are preparing our hearts to **renounce satan** as Jesus did:

*“Rend our hearts”* cries Joel: this for us today means that we have to

- “peel away the **tough rind** that can surround our heart.”
- “peel away the **rind of indifference**
- Peel away the **tough skin** that hardens our heart.

- ❖ May this Lenten time become a season of a-heart-renewed, of **falling in love** once again with our **God** and our **neighbour.**

As the Fast Day for CAFOD is upon us this coming Friday, may I ask Michael Townson, our Parish CAFOD Rep to outline some of the practical ways in which CAFOD is appealing to us to turn this Lenten time into a **Season of Love** .