

LENT: FASTING



Word of the week

Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread." But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'"

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down, for the scripture says, 'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.'"

Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'" Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness.

"All this I will give you," the Devil said, "if you kneel down and worship me." Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'"

Then the Devil left Jesus; and angels came and helped him.

Matthew 4: 1-11

Prayer for the Week

God of Love, maker of all.

Transform my heart, through my Lenten journey of prayer, fasting and almsgiving. Help me to see the dignity of all my sisters and brothers, made in your image and likeness. Inspire me to share the fruits of your creation so that your people, all your people, may become artisans of their own destiny.

Through Christ our Lord.

Amen.



[CLICK HERE](#) and watch this clip from *Charlie and the Chocolate Factory*. How might our determination to get what we want get us into trouble? How might fasting help?



Time to think...

We are bombarded every day by adverts and TV programmes which promise to make us prettier, more successful, better at this or that... often this media makes other people very rich because we buy their products or services, while we become more and more unhappy because they haven't produced the results we want. This is a modern day version of what happens to Jesus in the week's Gospel reading, the devil promises him everything that he could possibly want, yet Jesus could see what the devil was trying to do and stayed strong enough to say no.

This season of Lent is a chance for us to focus on what really matters. As Christians we are called to live our lives in the way God wants us to, and not be distracted by what the world tries to trick us with. Is there something we need to fast from this Lent to help remind us of what is really important and that will help us live a better truly happier life?

All this is very difficult, a life-long challenge, but just like with Jesus in the Gospel, God sends help for the journey.

What could you fast from?

Fasting isn't always about not eating. We can fast from lots of different things. Have a few moments in silence to think about thing in your life that you can fast from to either help someone else, have more time for your friends and family or more time for God.



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Walk for Water

What could you fast from so that you are able to get out for a walk and get your 10,000 steps in for our Lent Walk for Water Appeal.