

Lent: Fasting

Word of the Week: Matthew 4:1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights he was hungry. And the tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread”. But Jesus answered, “It is written, ‘Man shall not live by bread alone, but by every word that comes from the mouth of God’.

Then the devil took him to the holy city and set him on the pinnacle of the temple and said to him, “If you are the Son of God, throw yourself down, for it is written, ‘He will command his angels concerning you; and ‘On their hands they will bear you up, lest you strike your foot against a stone.’ ” Jesus said to him, “Again it is written, ‘You shall not put the Lord your God to the test.’”

Again the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, “All these I will give you, if you will fall down and worship me.” Then Jesus said to him, “Be gone Satan! For it is written, ‘You shall worship the Lord your God and him only shall you serve.’”

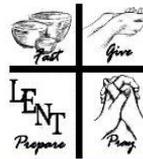
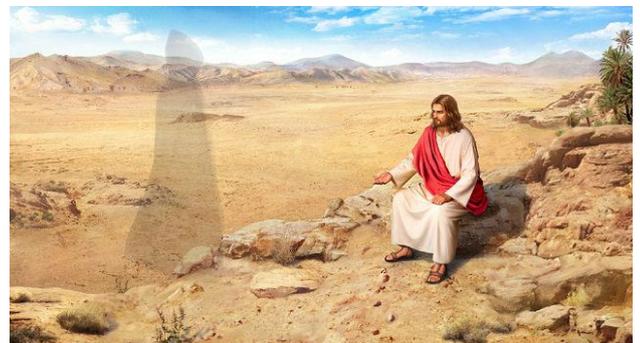
Then the devil left him, and behold, angels came and were ministering to him.

Reflection

In this second Sunday of Lent, we focus on the temptations of Jesus in the wilderness. During the season of Lent, we are invited into a symbolic wilderness. We step away from noise, habits, and distractions so we can hear God more clearly. When we fast—whether from food, screens, gossip, or anything that dulls our hearts—we begin to notice what we rely on too much. We also discover how often we try to fill our hunger with things that cannot nourish us.

Jesus shows that the wilderness is where identity is strengthened. When the devil tempted Him, Jesus responded with Scripture, grounding Himself in the truth: “*You are my beloved Son.*” Lent is a time for us to remember that same truth about ourselves.

Jesus left the wilderness ready to love, serve, and give himself completely to his mission. Lent offers us the same opportunity. When we fast, we are not trying to be perfect—we are trying to be open. We are letting God prepare us for Easter, for renewal, and for a deeper relationship with Him.



Lent is a time for:

Prayer: More time given to prayer during Lent should draw us closer to the Lord.

Fasting: Fasting is one of the most ancient practices linked to Lent. Fasting is more than a means of developing self-control. It is often an aid to prayer, as the pangs of hunger remind us of our hunger for God.

Almsgiving: It should be obvious at this point that almsgiving, the third traditional pillar, is linked to our baptismal commitment in the same way. It is a sign of our care for those in need and an expression of our gratitude for all that God has given to us

Prayers for the week

Dear God,

As I fast this Lent, give me the strength to offer my sacrifices with joy. Help me to focus not on what I lack, but on the spiritual nourishment you provide. May my fasting draw me closer to you.

Amen

Dear God,

Help me stay focused, patient, and steady in my purpose. When I feel weak, remind me that You are my source of strength. Let this fast draw me closer to You and shape my heart with discipline and peace.

Amen.

Dear God,

As I go through this season of Lent, help me to fast with sincerity and purpose. Strip away what distracts me and strengthen my desire to grow in faith. May this fast open my heart to Your presence and prepare me for the hope of Easter.

Amen

Dear God,

During this fast, shine Your light on the places in my life that need healing and change. Give me the courage to repent, the humility to learn, and the grace to begin again. Renew my spirit and draw me closer to Your heart.

Amen

Dear God,

On the days when fasting feels heavy, meet me in my weakness. Help me remember why I began this journey and keep my eyes fixed on You. Let this struggle shape me, soften me, and deepen my trust in Your love.

Amen.

Click the link to watch:

[The Temptation of Jesus](#)

[Why Did Jesus Spend 40 Days in the Wilderness?](#)

[Open The Eyes Of My Heart | 7 Hills Worship](#)

Actions for the week

*Put away your phone for a couple of hours each night.

*Don't seek instant gratification – practice discipline and patience.

*Build empathy for those who go without by necessity, not choice.

*Make time for prayer, reflection, and gratitude.

*If you have given something up, put the money you would spend on the item into the CAFOD charity box.

*Try out Breakfast with God in the Junior Dining Room on Friday morning.

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.

