



Words for the Way

An online Lent Course for the Diocese of Aberdeen and Orkney

First Sunday of Lent

26 February 2023



Pittman, Lauren Wright. A Choice, from Art in the Christian Tradition, a project of the Vanderbilt Divinity Library, Nashville, TN. <https://diglib.library.vanderbilt.edu/act-imagelink.pl?RC=57082> [retrieved February 22, 2023]. Original source: Lauren Wright Pittman, <http://www.lewpstudio.com/>.

Matthew 4:1-11

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, “If you are the Son of God, command these stones to become loaves of bread.”

But he answered, “It is written,

‘One does 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 placed him on the pinnacle of the temple, saying 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,

so that you will not dash your foot against a stone.’”

Jesus said to him, “Again it is written, ‘Do 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 splendour; and he said to him, “All these I will give you, if you will fall down and worship me.” Jesus said to him, “Away with you, Satan! for it is written,

‘Worship the Lord your God, and serve only him.’”

Then the devil left him, and suddenly angels came and waited on him.

Collect

Almighty God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

To listen

This Is Amazing Grace by Jeremy Riddle, Josh Far and Phil Wickham.

'Vater unser im Himmelreich' [Our Father in Heaven] BWV 416 by J.S.Bach (written for Lent I)

These can be found on a playlist at

<https://open.spotify.com/playlist/72omFXFljUHKiHcvk9OYv4?si=0b356c51045b422b>

To reflect and looking forward

What word or words has been most meaningful to you this week?

Has there been a scripture or prayer that has affected you the most? That you keep on revisiting?

What is one thing you might wish to commit to doing this coming week – prayer, reading, faith in action, silence...?

"Lent is a time of going very deeply into ourselves... What is it that stands between us and God? Between us and our brothers and sisters? Between us and life, the life of the Spirit? Whatever it is, let us relentlessly tear it out, without a moment's hesitation."

Catherine Doherty (1896-1985)



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.The word for each day is taken from Trevor Hudson's *40 words for 40 days Pauses for Lent*.