

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



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.'"

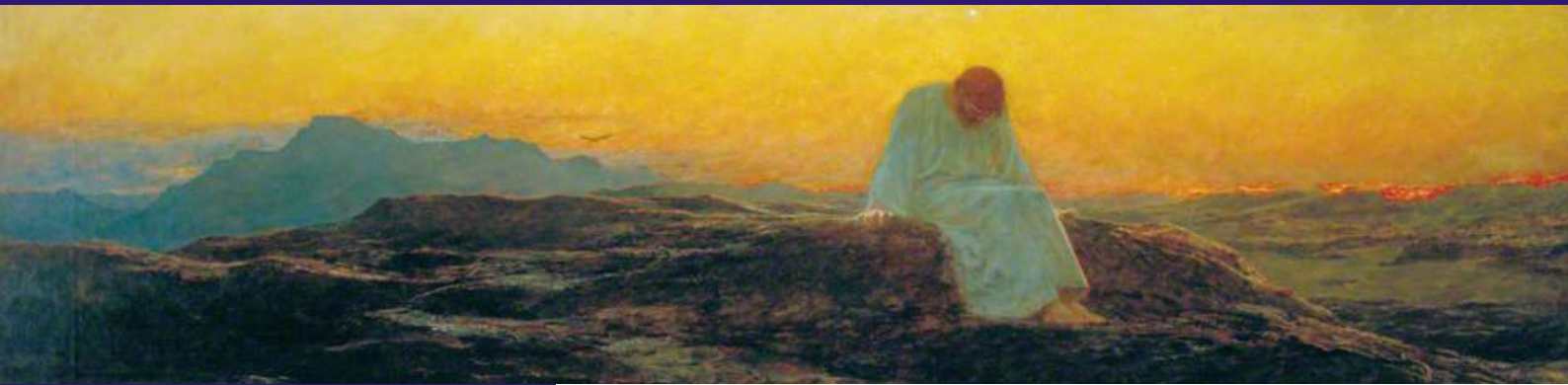
Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

'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.



Briton Riviere (1840-1920) *Temptation in the Wilderness* (1898) Guildhall Gallery London

“Lenten fasts make me feel better, stronger, and more active than ever.” – Saint Catherine of Genoa

“Let the mouth fast from foul words and unjust criticism, for what good is it if we abstain from birds and fishes but bite and devour our brothers?” – Saint John Chrysostom

“Lent is a time of grace, a time for conversion, a time to come home to God.” – Saint Maximilian Kolbe

Temptation, by the devil of Jesus, is covered in the Gospel for the First Sunday of Lent. Temptation to escape the wilderness, to have food, to have power, to amaze and be in control. Jesus says no each time. Malcolm Guite’s poem (below) take these temptations into the twenty-first century.

What are the temptations you’re seeking to address this Lent? Take some time in prayer and reflection to discern what you might be called to do to address them in this Season.

All the Kingdoms of the World by Malcolm Guite *from the Word in the Wilderness (2014)*

‘So here’s the deal and this is what you get:
The penthouse suite with world-commanding views,
The banker’s bonus and the private jet
Control and ownership of all the news
An ‘in’ to that exclusive one percent,
Who know the score, who really run the show
With interest on every penny lent
And sweeteners for cronies in the know.
A straight arrangement between me and you
No hell below or heaven high above
You just admit it, and give me my due
And wake up from this foolish dream of love...’
But Jesus laughed, ‘You are not what you seem.
Love is the waking life, you are the dream.’
So here’s the deal, and this is what you get

To Listen:
Forty Days and Forty Nights by M. Herbst.

A playlist of music suggestions for the course can be found at
<https://open.spotify.com/playlist/3pJcG5xAlxzhL2Aolau0Q4?si=582cd1f921ae4fb1>