

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.'"

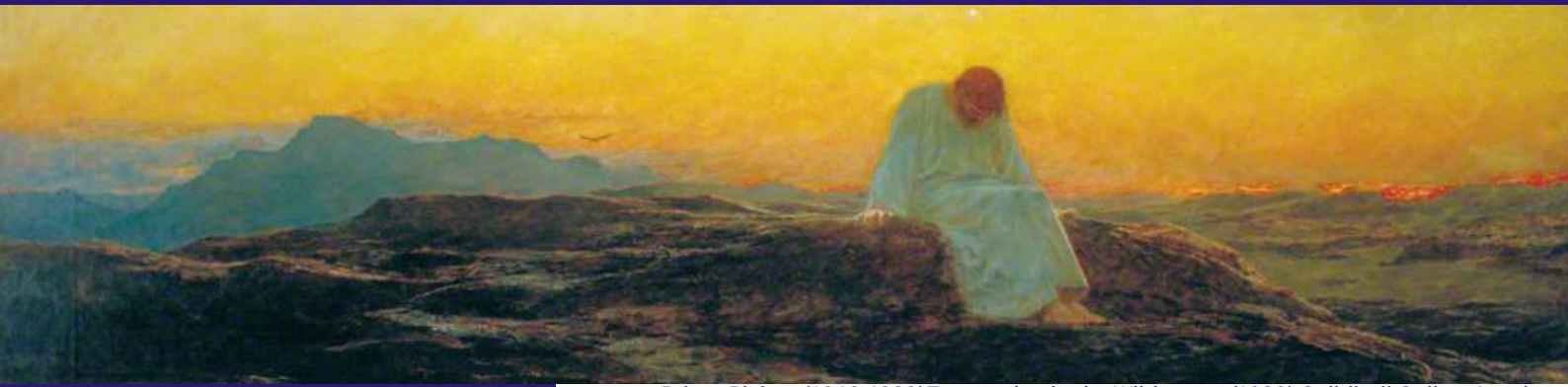
Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written,

'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

In the Matthew 4:1-11 Jesus is famished and hungry.

Today you're invited to reflect on what you might do in action, prayer and almsgiving for those who are hungry.

Almsgiving is traditionally part of Lenten disciplines. Almsgiving is the act of giving charity to another. Charity is helping those in need, it might be giving money or assistance or other forms of help.

For the First Week of Lent you're invited to consider donating food to a local food bank. You can do this directly, via a collection point, including at supermarkets. Some of our Episcopal churches have collection points for their local food bank. Food banks operate across the Diocese seeking to help those in need. Currently 1 in 5 people in the UK live below the poverty line. Food banks, following referrals, pass on donations and often supply other support. Today you're invited to donate money or some food - a packet of pasta, a tin of something, UHT milk to food bank near you.

You may wish to find out about your nearest food bank and pray for them. Praying is never not doing something and allows you to support the food bank whatever your circumstances.