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Based on the gospel for Sunday 22 February, First Sunday of Lent: Matthew 4:1-11

"Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil."

On the first Sunday of Lent, our readings take us from the garden to wilderness. In the beginning, God created a world of abundant goodness, in which the needs of all could be met. Today, the climate crisis threatens to destroy the garden God created and makes it hard for many of our neighbours to grow enough food to eat.

In the gospel, we join a newly baptised Jesus in the desert. Amidst temptation, Jesus rests secure in his identity as God's beloved child, setting the stage for the rest of his ministry.

Although Jesus will not turn stones into bread to satisfy his own hunger, he will soon reach out in love to feed thousands with a few loaves and fish. He refuses to throw himself from the pinnacle of the temple, but will later overturn the tables there.

Instead of succumbing to the temptation to be an earthly ruler, Jesus chooses the path of service and love that ultimately leads to his crucifixion.

As we begin this season of Lent, let's journey with Jesus into the wilderness, opening ourselves to the gifts and challenges of that place, so that we can join him on the costly path to the Cross.

Prayer

Loving God,
you walk with us in the wilderness,
and call us your beloved children.
Help us to put you and your Word
at the centre of all we do.
Amen.





Lent as a shared journey

As Lent begins, CAFOD volunteer Lois Buco reflects on what this season means to her and how it brings her closer to God and to others.

Reflect with us



Lent appeal

When crops fail, families go hungry. Too much rain. Too little rain. Nothing can grow.

This Lent, your gift can help communities grow food again.

Give today



Meet our star walkers

This Lent, over 1,000 people across the country are lacing up their walking boots for CAFOD's Big Lent Walk. Find out more about some of the participants in our blog.

Read more

This reflection and prayer are taken from our [Lent Calendar](#).

♥ You make our ongoing work possible

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