

# Connecting With the Sunday Readings

## First Sunday in Lent

Lent is a very sacred time of the Church year. It is a time to focus on how we are doing in our Christian life. Some of us set aside a time for extra personal prayer. Some of us fast from certain foods or activities, and abstain from meat on Friday. Some of us will give to the poor and needy. Those are the three traditional activities of Lent: prayer, fasting and almsgiving.

We begin Lent by reading the Gospel according to Mark's account of Jesus in the wilderness or desert. In Scripture the words *desert* or *wilderness* are symbolic for a place of struggle and solitude, apart from the distractions of ordinary life. There, Jesus is tempted by Satan. He shares his space with wild beasts, and with angels who wait on him. Unlike the accounts of Jesus' temptation in the Gospels according to Matthew and Luke, this account is very short and general. It does not detail what happened. But even in its starkness, we hear that Jesus is confronted by the presence and the power of evil.

This is a preview of coming attractions. Jesus is bringing Good News to a world that is not always so good. There are forces that will oppose him. Eventually they will kill him. But that's not the final word. At the end of Lent we celebrate the great victory of good over evil, love over hate and life over death. Each year, at the time of Lent and in the celebration of the Paschal Mystery, the death and Resurrection of Jesus, we are reminded that life is like a battle, a contest and standoff between good and evil. In the end, good will win, but right now we still have to face evil.

## A Gospel Word for the Home

### Mark 1:12–15

After his 40 days in solitude, Jesus emerges with an invitation to all: The Kingdom of God is now, repent, and believe in the Gospel. Notice that this is a call of challenge. What's been hoped for—a better life with God—is now being proclaimed! It might be helpful to compare the proclamation to the unveiling of a new product that becomes available at midnight. People line up early. They want to be first. They want to be sure they will be able to get "it." Here, Jesus offers much more, but we must orient ourselves to receiving it (repent) and then graciously accept the gift of God into our lives (believe).

The gift of God — is God! We are called into a deep relationship with the God who created us, who sustains our every step and who desires our love. In that sense, Jesus is like a traveling salesperson. So are disciples. Those called to discipleship have the same job description. We learn from Jesus, take it in, and pass it on to others. That's how it works. Jesus came charging out of the desert with this basic agenda. How we each do this depends on our circumstances. One of the most important settings where this happens is at home within the family. That's why the Church has called the family "a school of love." We communicate God's love by loving others. Later, Jesus will say that they will know us as his disciples by the love we have for each other.

## Parent Survival

Jesus went to the wilderness for 40 days. This, we're told, is in imitation of the 40 years the Israelites wandered in the desert before they reached the Promised Land. Taking "time out" from our ordinary routine is an important way to stay centered on what's most important in life. Some people go on retreats to do this. Even the business world has recognized the value of getting away to focus on what's most important.

Busy parents may want to take 40 days away from the business of family life, but that's not possible. Yet, parents can take mini-retreats. Maybe 40 minutes is a possibility. Each has to decide what's best, but we really do need those moments when we can escape the phone, the computer, and the TV, in order to find that special silence which allows us to see more clearly what's most important in our lives as repentant and believing Christians.

## Car or Meal Talk

Talk about how each member of the family needs quiet time all alone. Maybe as a family, decide to do this in the coming week. Next week, talk about how it went.

## One-Line Prayer

God Our Father,  
You who are ever-present, we seek you in the noise of our daily life and in the quiet moments when we are alone with you.  
Amen.