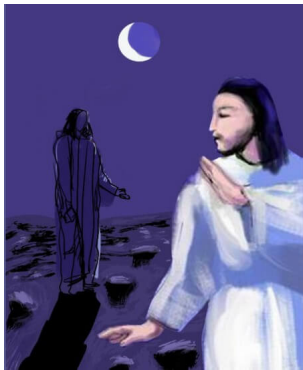


Sunday 10 March 2019: First Sunday of Lent



Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted

...In the gospel accounts, the temptations of Jesus are closely linked with his baptism by John: 'Filled with Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there'. In the Jordan he showed that he had thrown in his lot with struggling humanity - 'put to the test in exactly the same way as ourselves, apart from sin' (Hebrews 4:15). By his example, and finally through the power of his Paschal Mystery, he would make himself the 'Way' to the fullness of life for a lost world. Our reading from Paul to the Romans celebrates this triumphant outcome.

As we reflect upon the conversion to which the Church invites us during our Lenten journey, the Lord's example should be our inspiration. The temptations he faced encourage us to look beyond superficial problems in our lives and characters, and to face up to the root causes of these failings – the false gods that so easily seduce our divided human hearts. Today's liturgy brings us another valuable lesson...

Extract by John Thornhill sm - read more at [The Emmaus Series](#) | Image courtesy of [Herman o Leon Clipart](#)