



Growing FAITH at home

FIRST SUNDAY IN LENT

YEAR B

LENT IS A TIME TO SAY 'NO' TO SIN AND 'YES' TO JESUS



Grow Ministries
LCA CHILD YOUTH & FAMILY MINISTRY



www.growministries.org.au



CONVERSATIONS

Share your highs and lows, or respond to the following:

1. What is temptation?
2. Share about a time when you felt tempted.



BIBLE READINGS

Read the following Bible readings throughout this week.
Talk about what words or phrases stand out for you.

1st reading

Genesis 9:8-17
God's promise to Noah

2nd reading

1 Peter 3:18-22
Suffering for doing right

Gospel reading

Mark 1:9-15
The temptation of Jesus

DISCUSS

Jesus spent forty days in the desert, where he was tempted by Satan. How did Jesus fight Satan's temptations? How does God help us when we are tempted?



ACTION RESPONSE

Lent is a time to simplify our lives to enjoy God's steadfast love and faithfulness. Consider making some of the following faith practices part of your daily routine:

- Pray daily and include the Lord's Prayer.
- Read the Bible regularly.
- Eat meals with others and include a mealtime prayer.
- Nurture relationships by spending time together.
- Commit to daily acts of kindness.



MEALTIME PRAYER

For food in a world where many walk in hunger; for faith in a world where many walk in fear; for friends in a world where many walk alone - we give you thanks, O Lord. Amen.



PRAYER

Lord, we worship you; God, we trust in you. We put our hope in you all day long. Amen.



BLESSING

May God help you when you are tempted, and lead you along his good path.

THE KINGDOM OF GOD IS NEAR! REPENT OF YOUR SINS AND BELIEVE THE GOOD NEWS.

MARK 1:15

VERSE OF THE WEEK

