



a Kendall Hunt Company

## First Sunday of Lent, Year B - RCLB Lectionary



Lectionary: 23

Read the Gospel: [Mark 1:12-15](#)

### Gospel Summary

In today's Gospel the Spirit drives Jesus to the desert, where he remains for forty days. Jesus is tempted by Satan and ministered to by the angels. At the end of his time of temptation, Jesus comes to Galilee proclaiming a message of repentance.

### Reflection for Parents

With Catholics throughout the world, today we begin a forty-day retreat. We will spend our forty days praying, fasting, and giving alms—disciplining ourselves so that we might grow in holiness. No doubt we too will be faced with temptation, but angels will minister to us and God will speak to us through his Word. Spend some quiet time today considering how you will spend your forty-day retreat. What will you do to prepare for the renewal of your baptismal promises on Easter Sunday?

### Bringing the Gospel Into Your Family

The Church's forty-day retreat time is meant for young and old alike. With your family, decide on one or more ways you will spend your Lenten retreat days praying together, fasting from foods and forms of entertainment, and giving of what you have to help those in need and the Church. Make a commitment to work together to help each other honor your Lenten plan, and talk about what your family will do to celebrate the end of the retreat on Easter Sunday morning.

### Discussion Starters

1. Things that most often tempt me are \_\_\_\_\_.
2. Someone who helped me in a difficult time was \_\_\_\_\_.
3. One thing I plan to do during the forty days of our Lenten retreat is \_\_\_\_\_.