**1st. Sunday of Lent (Year C): Deut. 26:4-10; Rom. 10:8-13; Luke 4:1-13. “Jesus fasted forty days and was tempted by the devil”.**

1st. Week of Lent begins with a reflection on the Temptation of Jesus in the wilderness. The Church assigns temptation stories to the beginning of Lent because temptations come to everybody, not only to Jesus, and we seem almost genetically programmed to yield to them.

Thus, the Gospel tells us that, after Jesus’ baptism, being filled with the Holy Spirit, he then went into the desert for forty days. This was Jesus’ Lent, and he was tempted by the devil, though far more dramatically than we are.

**How then do we weigh or consider the Lord’s temptations, vis-à-vis our own?** Yes, we are tempted. He is tempted. However, Jesus sets the offensive and defensive technique/ model for conquering these temptations called, Prayer, Penance, and effective use of the “Word of God” (Scripture reading).

**Summary:** Jesus resisted the devil’s temptations, and he will certainly help us to resist temptations as well. In other words, our temptations are moments of grace, moving us to call on the name of the Lord in our powerlessness and weakness, longing to be saved. Indeed our temptations may not be as dramatic with the appearance of the devil, but they are just as real. At times they might not be so easy to recognize. Think of moral choices we need to make. We might not be choosing between good and bad, but between bad and worse, or between good and better.

**Life Message:** We need to confront and conquer temptations as Jesus did, using the means he employed. In other words, like Jesus, every one of us is tempted to seek sinful pleasures, easy wealth, and a position of authority, and is drawn to the use of unjust or sinful means to attain good ends. All of us are forced by the reality and vicissitudes of life to endure many different trials and hardships. Some people are forced to endure the hardship of ill-health, whether their own or that of a loved one. Others are forced to endure the suffering associated with loss of job, economic setback, a broken relationship, a wayward child, or an unexpected disaster in life. Yet how we react to these trials and setbacks in our life is a clear indication of our trust and confidence in God.

**Conclusion:** During this Lent, let us look at our temptations and our choices. And let’s look at the example of Jesus. He let himself be led by the Holy Spirit. He was faithful to his call and God’s purpose for him. Hence in life, our temptations are moments of grace moving us to call on the name of the Lord in our powerfulness and weakness, longing to be saved. For 1John 4:4 assures us: “**The one who is in you is greater than the one who is in the world”.**

Therefore, today we are called to be faithful, and stand firm when we are tempted to compromise on moral issues, or are tempted to be successful rather that faithful.