

## First Sunday Lent Year B 2024

The wilderness is a place which in our technological age we can so easily avoid.

There is the sound of music in the car

The jabbering images on the screen in the bank to engage the queuing customers

The TV taking up half the living room wall, where seats are arranged around it, and not each other

And if not the TV then the radio

Games on the computer

Twitter

Facebook

Email

Noise

Noise

Noise

And distraction

You are going to die

Each thing you do has real consequence

Those close to you will die

You will be obliged to deal with the consequence

Your food costs money you must earn

Your debts must be paid

Your health is affected by your lifestyle

That is quite enough of that

Turn up the music and block out the fear

Give me an image that does not challenge me

Don't talk to me, but turn on the TV and we can focus upon Britain having talent

I must engage in nonsense and twitter

Look at pictures of fantasy holidays on Facebook

Noise  
Noise  
Noise  
and distraction

This is the First Sunday of Lent  
Jesus is portrayed in the Gospel  
First confronting the wilderness  
Then confronting the challenge

In the silence of the wilderness the only distraction is survival  
Priorities need to be recognised  
Practical steps made to implement real progress  
With this done  
We can confront the challenge

Few can survive their whole lives in the wilderness  
The silence takes real practice to maintain  
Life is enhanced by many of the distractions that we accept  
But if we live only by distraction  
life is pointless  
And cowardly

During this Lent spend some time in the wilderness  
With the humility of faith recognise your dependence upon a chocolate bar, or bottle of wine by the  
cruelty of abstinence.

With the discomfort of honesty chart each day how you have spent your money  
With the strain of effort challenge your body to do more than well-deserved rest  
With anxiety of discovery  
Look  
and let go

You cannot do that any more

There are many ways to take on the challenge of the wilderness

There are many ways to turn off the distractions

There are many ways to attempt to enter the fearful places of honesty of the mind and heart.

To recognise and re-asses your priorities

Do something for Lent

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