

## **And lead us not into temptation**

In the wilderness for forty days being tempted by the devil

God has been very good to me and so I can still walk miles over the Yorkshire Dales and run up above us on the Lancashire Moors. However the cost of such efforts grows more and more expensive as I reach the age of drawing my pension.

There are a great many temptations that come with this.

Should I reduce my efforts to watching sport sooner than living it?

Should I drop into a moody sense of helplessness whenever my body states the obvious?

Should I avoid the challenge and live only with excuses?

Do you think that as you grow older the change in the structure and nature of your physical being will not bring with it temptations.

Like Christ take on the challenge

Do the best that you can do

That is enough

Have faith

that is beautiful

God has been very good to me. I have lived through depression and recognise now Churchill's black dog of mood. The cost of caring can be useless anxiety.

There are a great many temptations that come with this.

Should I panic and become less caring seeking the fantasy of denial?

Should I panic and focus my thoughts upon a small sequence of consequences that as yet have not happened?

Should I choose to live in despair and wallow in the comfort of helplessness?

Do you think that as you grow older the cares and worries of your mental state will not bring with them temptations.

Like Christ take on the challenge

Do the best that you can do

That is enough

Have faith

You are beautiful

God has been very good to me. I have a family who love me. They don't understand me. They occasionally find me quite annoying. But they love me.

There are a great many temptations that come with this.

Should I pretend that they do not exist, and avoid family problems by avoiding them?

Should I project all my worries upon them, thus avoiding what I can control by focusing upon what I cannot control?

Should I miss out all the joy, by only seeing the pain?

Do you think that as you grow older those family problems will not bring with them temptations.

Like Christ take on the challenge

Do the best that you can do

That is enough

Have faith

They are beautiful

And in God's hands

You will be tempted

Just as Christ was tempted

You will be challenged

Just as Christ was challenged

Give me this day my daily bread and help me recognise its value

Then take my hand and lead me through temptation

During Lent

Give us this day our daily bread and help us to recognise its value

Then take us by the hand and lead us through temptation

We will be challenged

Help us to share the challenge

And be beautiful.