

## **FIRST Sunday LENT**

The first temptation that Our Lord Jesus Christ encounters is quite simply physical.

The temptation that arises out of Hunger.

This points to a source of humility close to our whole existence.

As with all temptations a fast reaction to the sensation is to lie to self

**I have not got the time to do any exercise**

I do not have the time to prepare a decent meal.

I can't get up in the morning without registering the snooze button at least the three times

I do not spend three hours on my phone, or watching TV.

Humility will recognise that your capacity for health is improved by effort

Humility will recognise that you eat far too much rubbish

Humility will recognise that you stay up too late and doze too long

Humility will recognise that your days are being squandered on AI, or watching and not participating

What are you doing for LENT?

The second temptation that Our Lord Jesus Christ encounters is perhaps to do with mental health.

The temptation that arises from the basic fear of insecurity.

This also points to a source of humility close to our whole existence

As with all temptations a fast reaction to the sensation is to lie to self

I need to keep all this money in the bank, although I am cold in the house

I listen only to that which I understand and agree with

I condemn that which disturbs my sense of well being

I will never grow older. I will just worry and not accept that those days are past

Humility will recognise money as a tool not as a salvation

Humility is prepared to look and accept that I am wrong

Humility sees disturbance with the faith of revelation

Humility will accept who I am, what I am, where I am, and then just let go.

What are you doing for Lent?

The Third temptation that Our Lord Jesus Christ encounters is quite simply escape.

The temptation that arises out of the challenge.

This points to a source of humility close to our whole existence.

As with all temptations a fast reaction to the sensation is to lie to self

I do not need to see the doctor, I am in control

I do not need to talk to whoever, it only creates trouble

I do not need help, I am above the patronising consequence of care

I demand, I insist, I ignore the evidence, and thus avoid the consequence.

Humility will see beyond anxiety and seek advice

Humility will allow self and other to be wrong

Humility will allow others to do their job

Humility has patience, awaits the opportunity, is prepared to see the difficult, confronts the consequence.

What are you doing for Lent?

What physical discipline have you adopted to enhance your humility?

What mental exercise have you adopted to let go of the pretence and false security

What spiritual vision have you attempted to see yourself as a child of God?

What are you doing for Lent?