



Growing
FAITH
at home

1 March 2020

FIRST SUNDAY IN LENT

When we are tempted to sin, God's word gives us strength and help.

Devotions



Daily Bible Readings

S	Matthew 4:1-11	The temptation of Jesus
M	Deuteronomy 8:1-9	We do not live on bread alone
T	Deuteronomy 6:13-19	Do not test the Lord
W	1 Corinthians 10:1-13	Warnings about temptation
T	Genesis 2:15-17; 3:1-7	The Fall
F	Romans 5:12-19	Life through Christ
S	Psalm 32	Sins are forgiven
S	John 3:1-17	For God so loved the world

Discuss the bible reading. What word or phrase was important to you as you read these verses?

Rituals and Traditions



PRAYER

Lord God, give us a hunger for your Word, the Bread of Life.
Amen.

BLESSING

May God keep you safe with his life-giving words, so that you stay strong in your faith.

Lent

VIOLET (or Purple) is the colour of royalty, repentance, and self-discipline and is the traditional colour for the season of Lent. This deep rich colour represents a time of penitence and prayer.

Creative Response

Jesus says that our life depends not only on eating food but on every word that God speaks.

This week, connect God's word with your bodily eating by beginning each meal with a short Bible reading.

Ask those in your household to choose a favourite Bible verse to be read on a particular day of the week. If possible, display these verses on cards or a white board for all your household to see.



mealtime prayer

Loving God, thank you for giving us this day and our daily bread. Amen.

verse for the week
People do not live on bread alone, but on every word that comes from the mouth of God.

MATTHEW 4:4

Service



Genesis 2:15 says that God put Adam in the Garden of Eden to 'work it and take care of it.'

Volunteer sometime as a household to assist a neighbour with their gardening or outside cleaning, or to help maintain your church grounds or local recreation area.

Caring Conversations



1

Share your highs and lows of the day, or respond to the following questions:

How was Jesus tempted by the Devil in the desert? How did he respond?

2

What can we do as Christians to help resist temptation? What can we learn from Jesus' responses?

