

21 February 2021

FIRST SUNDAY  
IN LENT

Lent is a time to say "No" to  
sin and "Yes" to Jesus

verse for the week

The kingdom  
of God is near!  
Repent of your sins  
and believe the  
Good News!

MARK 1:15

## Devotions

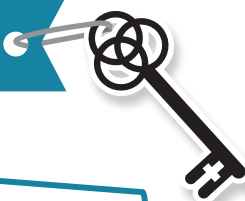


### Daily Bible Readings

S	Mark 1:9-15	The temptation of Jesus
M	Genesis 9:8-17	God's promise to Noah
T	1 Peter 3:18-22	Suffering for doing right
W	Matthew 4:1-11	Jesus' temptation
T	Jeremiah 31:31-34	A new covenant
F	1 Corinthians 10:1-13	God will provide a way out
S	Psalm 25:1-10	Prayer for guidance
S	Mark 8:31-38	Jesus predicts his death

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

## Rituals and Traditions



### PRAYER

Lord, we worship  
you; God, we  
trust in you. We  
put our hope in  
you all day long.  
Amen.

### BLESSING

May God help  
you when you  
are tempted,  
and lead you  
along his  
good path.

## Creative Response

Lent is a time to simplify our lives as a  
way to enjoy God's steadfast love and  
faithfulness.

Prayer, fasting, and almsgiving are  
traditional Lenten practices.

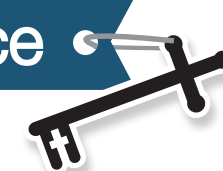
Consider some of the following faith practices to become  
part of your daily routine:

- Pray daily and include the Lord's Prayer.
- Read the Bible regularly.
- Sit in silence for prayer and meditation.
- Eat meals with others and include a mealtime prayer.
- Fast by eating smaller portions or simpler foods.
- Nurture relationships by spending time together.
- Listen to others as you engage in conversations.
- Give a donation of time and/or money to a service organisation.
- Commit to daily acts of kindness.

### mealtime prayer

For food in a world where many walk in hunger;  
for faith in a world where many walk in fear;  
for friends in a world where many walk alone -  
we give you thanks, O Lord. Amen.

## Service



Make a "crown of  
thorns wreath" to  
serve as a home  
devotional feature.

Make or purchase a grapevine  
wreath to use as the base.

Insert six purple candles, one  
for each remaining week of  
Lent, and a white candle to  
represent Christ.

Light one candle for this next  
week, two candles for the  
week after, and so on.

Begin Holy Week (on Palm  
Sunday) with all of the candles  
lit, then extinguish one candle  
each night thereafter.

Light the Christ candle as you  
celebrate Jesus' resurrection  
on Easter Sunday.



1

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

What is  
temptation?  
Share about a  
time when you  
felt tempted.

2

Jesus spent  
40 days in the  
desert, where he  
was tempted by  
Satan. What do  
you think it was  
like for Jesus  
to spend that  
time alone in the  
desert?

3

How did Jesus  
fight Satan's  
temptations?  
How does God  
help us when we  
are tempted?