

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

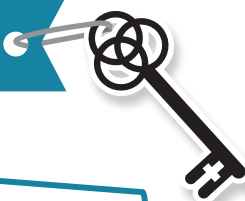


Daily Bible Readings

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.

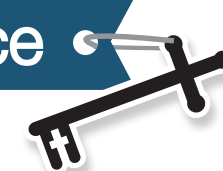
Consider some of the following faith practices to become
part of your daily routine:

- 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?