**Five Minute Jesus**

**Using the Gospel for Prayer** – **First Sunday in Lent** - March 1, 2020

*It’s simple. 1. Read the Gospel for the following Sunday slowly, reflecting on the story it tells. 2. Reflect on the questions assigned for each day. 3. Make some resolution about how what you read can be lived that day. 4. Then thank God for speaking to you through this reflection.*

**The Gospel according to Matthew 4:1-11**

**At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, “If you are the Son of God, command that these stones become loaves of bread.” He said in reply, “It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God.”**

**Then the devil took him to the holy city and made him stand on the parapet of the temple, and said to him, “If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.” Jesus answered him, “Again it is written, “You shall not put the Lord, your God, to the test.” Then the devil took him up to a very high mountain and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me.” At this, Jesus said to him, “Get away, Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve.” Then the devil left him and, behold, angels came and ministered to him.**

**Sunday**

Was there something in this reading that spoke to me? Comforted me? Challenged me? What was it? Why did it have this effect on me?

**Monday**

The Gospel says that Jesus was led into desert to be tempted. Nowadays we don’t have to go so far. What would the devil offer me in the desert? Jesus quoted Scripture each time to defend himself. What do I do?

**Tuesday**

Jesus’ first temptation is hunger for food; he had been fasting. We practice a faint reflection of this rigorous discipline when we “give up something” for Lent or when we abstain from meat on Lenten Fridays. Have I ever truly given something up for God? For someone else? What did I learn from that that I can use in my relationship with God?

**Wednesday**

Jesus’ second temptation is pride; the devil challenged him to reveal that he was God’s Son by glorifying himself, rather than through the humility of the cross. It is still common to refer to suffering or a burden as our “cross”. What is my cross? Do I shoulder it willingly as Jesus would soon do, or would the devil’s offer sound good to me?

**Thursday**

Jesus’ final temptation is power; He could rule the world, all he had to do is break one little commandment – which is of course the first of the ten Commandments – worship God alone. None of us believe we commit idolatry. And yet, each day we put things in our lives ahead of our worship and service of God. What have I done today to put God first in my life? (yes, this prayer counts).

**Friday**

After Jesus’ temptation is finished, it says Angels came and ministered to him. The word *Angel* means “messenger”. Jesus was comforted, supported, strengthened by these messengers. Have I ever been ministered to by an angel? When was it? And what was God’s message for me? (Remember, they don’t all have wings).