



# BREAKING OPEN THE WORD

**February 21, 2021**

**First Sunday of Lent**

**Lectionary: 23**

**Gospel Mk 1:12-15**

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him. After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

**Spiritual Reflection:** Don't confuse temptation with sin? Jesus was tempted but never sinned.

**Spiritual Questions**

1. Name a time where you resisted temptation.
2. How did you resist temptation?
3. How can prayer, fasting, and almsgiving help you resist temptation?
4. How easy is it to sin once you fall the first time?
5. What can you do to build up your resistance to temptation?