

YEAR C

1st SUNDAY OF LENT

# **JESUS GIVES US LIFE**

## **VISUAL AIDS**

- > Pictures of a wilderness.
- > Dead and live plants.
- > Cross shape cut-outs.

## **WELCOME AND PROCLAIM THE GOSPEL**

*Say/sing together:*

**Praise to you, O Christ, our Saviour.  
We do not live on bread alone  
but on every word that comes  
from the mouth of God.  
Praise to you, O Christ, our Saviour.**

A reading from the Good News  
given to us by Luke.  
**Glory to you, Lord.**

Jesus set off from the banks of the River Jordan, where he had been baptised by John the Baptist. Filled with the Holy Spirit, Jesus was led into the wilderness. He was in the wilderness for forty days and forty nights, and all that time he had nothing to eat. It was during this

## **DISCUSSION**

What happened to Jesus in the desert?

What were the three temptations?

- food . . . security;
- power;
- wealth.

How, when and where are the children tempted?

By giving into temptation we become like dried up, dead sticks instead of healthy, leafy plants. Our lives become a wilderness.



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### SHARING

Show the children the two sets of plants, and encourage them to discuss the difference between the dead plants with withered leaves and the live ones with fresh green leaves.

Show them how the dead branches are brittle and break if you bend them; but the green ones are supple.

We are like plants. But unless we look after ourselves, we become withered, and we could easily be broken.

time that the devil came and tempted him:  
'If you are the Son of God you don't need to go hungry; just tell this stone to turn into a loaf.'

**Children: No! Don't listen!**  
**Don't do it, Jesus!**

Next the devil said,  
'Worship me, Jesus, and I'll give you the whole world.'

**Children: No! Don't listen!**  
**Don't do it, Jesus!**

Then the devil said,  
'Prove to me that you're the Son of God by throwing yourself from the highest tower of the Temple, and see if the angels catch you.'

**Children: No! Don't listen!**  
**Don't do it, Jesus!**

The devil went away and left Jesus alone.

This is the Gospel of the Lord.  
**Praise to you, Lord Jesus Christ.**

### ACTIVITIES

- > Have the children mime the Gospel.
- > Have the children mime ways they are tempted, ways they resist temptation.
- > Give out the cut-outs.

- > Have the children write or draw on them ways they want to grow in new life by being more generous, etc.