



## FIRST SUNDAY OF LENT

*“Listen to the voice of our people”*



On the first Sunday of Lent, once again, we will have the opportunity to pray in the company of Jesus and from the light of the Spirit. An invitation to discover what the temptations are today that rob our interior life, distract us on the path, and many times make us deaf to the different voices of the world that cry out for more democracy and respect, cry out for a life in freedom and respect, cry out for peace and less violence. Voices that cry out from their everyday deserts.

### Readings

Gospel:  
Matthew 4:1-11

First Reading:  
Genesis 2:7-9, 3:1-7

Second Reading:  
Romans 5:12-19

Jesus, after experiencing his baptism and lovingly feeling the presence of his Father recognizing him as the beloved Son, now finds himself in the desert, a place of many difficulties and with no human security speaking. In the desert where everything seems more difficult, the invitations are even more attractive. They are temptations that at first seem to respond to needs and ambitions.

The temptations that Jesus had are very "similar" to those we encounter in today's days: immediatism, fame, and power. The temptation to turn stones into bread, a quick and comfortable solution to satisfy the hunger need immediately; the temptation to jump from a precipice because he would have the angels at his command—fame and recognition. Finally, the great temptation of power and wealth: to have everything in his hands.

Jesus' responses and attitudes make clear the purpose for which he came and what his life project was. Jesus teaches us that to do the Father's will and make the Good News alive, he did not need any of those three "prizes/gifts" as rewards.

Jesus was clear about his mission and did not need power, fame, or recognition. He only needed people to add to his project to continue announcing the Kingdom. Today too, Jesus needs us to continue listening amid the deserts to the voices that are often silenced.

Currently, we are accompanying very difficult realities: authoritarian politics, hunger for justice and democracy, powers that oppress, wound, and rob the life of our peoples, of our countries. Realities that want to silence the different voices of the People: women, youth, indigenous peoples, migrants, the Church, and also our mother earth, which also cries out for more life and awareness of care.

In the face of the many political, economic, cultural, environmental, and social challenges, let us ask God to continue strengthening and nourishing our hope from his prophetic Spirit committed to the poor and excluded.



Starting from the prayerful reading of the text:

*What does the text say to us in today's days?*

*What does the text make me say to God?*

*To what realities does it relate?*

*What are the great personal and social temptations  
we find in our contexts today?*

*It is always important to do the exercise of reading the text more than once and letting it connect with our life. Today too, the Spirit leads us to the desert of our peripheries, of our communities, of our Provinces and mission, to listen to God where life cries out, to listen to the cry of the most impoverished, to listen to the cry of the Earth.*

Meditate on Psalm 50: [Byzantine Chant for Repentance](#)

Closing song: [In These Days of Lenten Journey](#)



Iris da Silva Amara  
RSCJ