

Lent Reflection Resources

Week 1: Temptation



The Bible Passage

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished.

The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread."

But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'"

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you', and 'On their hands they will bear you up, so that you will not dash your foot against a stone'".

Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test'".

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me."

Jesus said to him, "Away with you, Satan! For it is written, 'Worship the Lord your God, and serve only him.'"

Then the devil left him, and suddenly angels came and waited on him.

~Matthew 4:1-11



Ways to Enter the Story

You might like to relive the story, as an unnamed onlooker, and take the opportunity to talk to Jesus, to pray and worship. It might help to read or listen to the passage again. If you find it hard to keep focused while imagining things, you could try writing your reflection down. Or maybe you're artistic, and you want to paint or draw something related to the story.

Here are some questions to ponder as you respond.

Jesus went out into the wilderness to fast and pray. On other occasions he went up into the hills to be alone with his heavenly Father. Where do you go to spend time with the Lord; to hear the still small voice of God? Do you go on to the moor, or down to the sea, or walk beside the river or the canal? Do you climb a Tor, sit quietly on your own in an open church? Do you have a special place to sit at home or in your garden?

How do you hear the still small voice of God? Do you sense God's voice as a sound or as an image in your mind or maybe as a feeling inside? Do you hear God speaking to you through the Bible, or poetry, or in a novel or through what you see around you in the natural world?

What has helped you through wilderness times in the past?

Are there temptations in your life at present?

Can you recall a special time when you thought you were guided or ministered to by an angel?

[Click here to hear Audrey Assad's version of 'It is well with my soul'.](#)

[Click here to look at Stanley Spencer's series of pictures of Christ in the wilderness.](#)

