



Please send the Ash Wednesday Session Outline with video link to participants and ask them to watch on Ash Wednesday in preparation for Lent.

Year A – Lent Week 1: How to Face Temptation

***{Start with reviewing the previous meeting’s challenge or discuss prior to sharing this week’s challenge.}**

Let’s Begin with our Opening Prayer: *Dear Holy Spirit, we ask that You come into our hearts and give us Your peace. Help our spiritual senses to be aware of how You wish to be with us today in our thoughts and conversation. Open our ears to hear what You wish to share with us from this section of the Gospel.*

Read: **Mt 4:1-11**

After the Reading Conclude with this prayer:

Heavenly Father, we hear in today’s reading about temptation. Shield us with Your grace from temptations and fill us with an eagerness to enter this Lent like Jesus entered the desert - with a desire to hear You and abide by Your will. In Jesus name, Amen.

Reflection or Discussion Question:

1. We hear about Jesus being tempted by the devil in the desert. In what ways does the devil tempt you/us?
2. As we enter Lent, what is your initial feeling of being asked to do more prayer, almsgiving, and penance?

YouTube Video: How to Face Temptation: First Week of Lent with Fr. Toups (6:54 min) -

<https://www.youtube.com/watch?v=dd0GFUzxGPo>

Reflection or Discussion Questions:

3. Fr. Toups paints a picture between using the right tool to catch a fish and how the devil uses the right tool to tempt us. What do you think he means by this? What kind of tools do you think/feel the devil uses?
4. Fr. Toups says that the tempter is trying to get us to bite on a hook and that we need to take temptation seriously. What are some things that affect our ability to turn away from temptations?
5. What implications or consequences are there when we give in to our temptations?
6. Jesus tells us not to fear temptation, but to face it with Him. Is this a concept you’ve thought of before? What would facing temptation with Jesus look like?
7. The video talks about growing in your awareness of temptation and what it sounds like in us. What do you think Fr. Toups means by this? How can we grow in awareness?

Session Challenge:

- Prayerfully reflect on this question, “What would your life look like if you weren’t struggling with the same sins?” Then ask the question, “What can I do to make this happen.” Consider writing down your reflections and focus on them throughout lent.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.)

Dear Lord, allow this Lent to be different from previous years. We know You understand our limitations and those things that tempt us. Help us to grow in awareness of what tempts us, and remind us to always face our temptations with You at our side. Ignite our prayer this season in ways that allow us to hear and understand what it is You wish of us. Expand our hearts to grow in awareness and to walk with you to turn away from our temptations. With open hearts eager to serve You, we ask that you hear our intentions....{pause to allow others to share what’s on their hearts}. We lift these prayers and those left unsaid to Your loving care. Through the name of Jesus Christ, Amen.

{Optional additional Readings} Sunday Reading 1: **Gn 2:7-9; 3:1-7**; Sunday Reading 2: **Rom 5:12-19**