



# First Sunday of Lent

## 9th March 2014

## Living Lent

Praying with Scripture and Pope Francis  
Evangelii Gaudium (EG) Joy of the Gospel

### Week One



**'Man does not live on bread alone, but on every word that comes from the mouth of God'** (Matthew 4:4)  
'The worldwide crisis affecting finance and the economy lays bare the real lack of concern for human beings, who are reduced to one of their needs alone: consumption.' (E.G. 55)



**'Lord, when did we see you hungry, thirsty, a stranger or naked and not come to your help?'** (Matthew 25:45)  
'My hope is that we, as Church, will be moved by the fear of remaining shut up within structures which give us a false sense of security, within rules which make us harsh judges, within habits which make us feel safe, while at our door people are starving and Jesus does not tire of saying to us: 'Give them something to eat.' (Mark 6:37)' (E.G. 49)



**'The Lord is close to the broken-hearted; those whose spirit is crushed he will save'** (Psalm 33:4)  
'God shows the poor his first mercy...an option for the poor is implicit in our Christian faith in a God who became poor for us, so as to enrich us with his poverty. This is why I want a Church which is poor and for the poor. They have much to teach us.' (E.G. 198)



**'A pure heart create for me, O God, put a steadfast spirit within me.'** (Psalm 50:2)  
'All those who seek truth, goodness and beauty are precious allies in the commitment to defending human dignity, in building peaceful co-existence between peoples and in protecting creation.' (E.G. 257)



**'For the one who asks always receives'** (Matthew 7:8)  
'There is no greater freedom than that of allowing oneself to be guided by the Holy Spirit, renouncing the attempt to plan and control everything to the last detail, and instead letting him enlighten, guide and direct us, leading us wherever he wills. The Holy spirit knows well what is needed in every time and place.' (E.G. 280)



**'Seek good and not evil so that you may live'** (Gospel Acclamation)  
'No single act of love for God will be lost, no generous effort is meaningless, no painful endurance is wasted. All of these encircle our world like a vital force.' (E.G. 279)



**'If you love those who love you, what right have you to claim any credit?'** (Matthew 5:46)  
'To pray for a person with whom I am irritated is a beautiful step in love.' (E.G. 101)

### Connect...

The words of Pope Francis will help you connect with the Gospel message in a way that is fresh and contemporary.

### Reflect...

Listen to the Word of God from the daily liturgy. What does it say to you? How does it encourage or challenge you?

### ACT...

Commit yourself to some small change in attitude or action this week that will help you to be Good News to those around you.

