



*Light and  
Love in the  
darkness*

## CELEBRATING AT HOME FIRST SUNDAY IN LENT

*From temptation to transfiguration (Mark 1:12-15)*

This resource is presented by the Carmelites of Australia & Timor-Leste at a time when we cannot gather together as we usually do to celebrate the Eucharist. We are conscious that Christ is present not only in the Blessed Sacrament but also in our hearts. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family at this time.

# CELEBRATING AT HOME FIRST SUNDAY IN LENT

## Sign of the Cross

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen**

We stand in your presence, O God;  
**and we praise your holy name.**

May your mercy be upon us, O Lord;  
**as we place our trust in you.**

Show us your mercy and love;  
**and grant us your salvation.**

## Preparing to hear the Word

God of everlasting goodness,  
we have turned away from you  
and from each other,  
and sought our peace elsewhere.

**But you have not turned away from us,  
for you are full of kindness and compassion,  
slow to anger and rich in mercy.**

You, God of eternal love,  
call us back to you,  
fasting, weeping, mourning;  
**with hearts broken in sincerity  
that we might know true forgiveness  
and learn to love again.**

May we learn to trust your love for us, O God.  
**Come, Holy Spirit,  
tempt us to goodness with God's love.**

## Opening Prayer

God of love,  
you establish everything in Christ  
and draw us into his all-embracing love.  
Guide those preparing for the Easter Sacraments,  
strengthen us all in our Christian vocation,  
build us into the kingdom of your Son,  
and seal us with the Spirit of your promise.  
Through our Lord Jesus Christ,  
who lives and reigns with you and the Holy Spirit,  
God, for ever and ever. **Amen.**

## Gospel Reading – Mark 1:12-15

A reading from the Holy Gospel according to  
Mark.

The Spirit drove Jesus out into the wilderness and  
he remained there for forty days, and was tempted  
by Satan. He was with the wild beasts, and the  
angels looked after him.

After John had been arrested, Jesus went into  
Galilee. There he proclaimed the Good News from  
God. 'The time has come' he said 'and the kingdom  
of God is close at hand. Repent, and believe the  
Good News.'

The Gospel of the Lord.  
**Praise to you, Lord Jesus Christ!**

## Reflection - *from temptation to transfiguration*

Our great Lenten journey has begun! It's a journey  
which begins in ash and ends in water. Fire is a  
profound part of our national experience. We know  
its power to destroy, blacken and reduce to ash.  
We know that evil can do the same - destroy our  
wholeness of spirit, blacken our lives and reduce  
the beauty of human life to so much dust.

We begin Lent in the ash of acknowledging our  
own part in harbouring, creating and doing evil -  
those places in our hearts where the fire of anger,  
bitterness, selfishness or narrowness of mind and  
heart has left nothing but cold ash.

The ash is a reminder that our true life is not found  
in mortal things which eventually turn to dust, but  
in eternal things. We also know that out of ash new  
life can bud, grow strong, bloom into fullness -  
that's the Easter miracle.

As always, the Gospels of the first two Sundays in  
Lent provide a road map for our Lenten journey  
from temptation (this Sunday) to transfiguration  
(next Sunday).

We allow ourselves to be tempted out of the ash  
of selfishness and narrowness of heart and into a

life of open hearted goodness. We celebrate God's graciousness to us by sharing what we have with those in need whether it be food, wealth, time, love, friendship or compassion. That's what it means to 'repent and believe the Good News'.

In these days when we are so conscious of the impact of human life on God's creation, perhaps we could think about some permanent fasting from our excessive consumption of power, food and petrol in order to allow our earth to heal, to breathe and to continue to be a source of nourishment and life for the whole human family.

*Quiet time for reflection*

## Prayers of Intercession

Loving God,  
you have given us your Son to share our life,  
so that we, in turn, may share life with you.  
Hear us as we pray.

God of mercy, source of life:  
pour out your Spirit on us who long for  
your healing and strength in this time of pandemic.  
**Lord, hear our prayer.**

Your Son was tempted.  
May we declare the Good News  
that He has shared our struggle  
and felt our joy and pain.  
**Lord, hear our prayer.**

For all who have died recently especially those who  
have died from Coronavirus. Give them peaceful  
rest and comfort their families and friends. Give  
your healing to those who are sick and keep those  
caring for them strong in your love.  
**Lord, hear our prayer.**

*Other prayers may be added*

God of wisdom and understanding,  
hear our prayers  
as we work to shape a just and peaceful world.  
May our work and our prayer bring lasting hope  
and freedom to our brothers and sisters.  
We ask this through Christ our Lord.  
**Amen.**

## Lord's Prayer

Jesus himself taught us how to pray,  
so with confidence we say:

**Our father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass  
against us.  
And lead us not into temptation,  
but deliver us from evil.**

## Closing Prayer

Lord, God,  
we thank you for this time together in prayer.  
In your loving kindness remember your people.  
Deliver us from the evil that threatens us.  
May we be your light and love especially in this  
moment of need.  
This we ask through Christ our Lord.  
**Amen.**

## Blessing

May the Lord bless us,  
keep us from all evil  
and lead us to life everlasting.  
**Amen.**