

“he remained there for forty days”

St Joseph’s Lenten Reflections - First Sunday of Lent 2021

Sadly, we can’t be together in our beloved St Joseph’s Church this year to observe the holy season of Lent together. This short reflection for home use is for you to help you to find a connection with the season and to our parish community until we can be together.

[click on the links to access music and images as you go]

1. **Sing or Listen** - “From Ashes to the Living Font” this song reminds us that Lent is a time of preparation for the renewal of our baptismal vows at Easter. The verse describes the message of this Sunday’s gospel.

<https://www.youtube.com/watch?v=CmoR9t0hz-8>

2. **Read** - the Gospel for this Sunday’s Mass

Mark 1:12-15

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.’

3. **Watch and Listen** - to this short reflection on the gospel using the power of art and storytelling

https://www.youtube.com/watch?v=blQ_sDZYatw&feature=emb_logo

4. **Reflect** - which piece spoke to you most? story, picture, song?
Where is your “steady ground” ?

5. Sing or Listen - "God of Mercy and Compassion"

https://www.youtube.com/watch?v=-4W_CLRW9Lo

6. Say the concluding prayer

Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now and ever shall be,
world without end
Amen

We hope that this little reflection has given you a time of peace and prayer.
Have a good week!

