

# FIRST SUNDAY OF LENT

## Gospel of Mark 1:12–15

Theme: Jesus fasts for forty days and is tempted. The angels looked after him.

### Extracts from the Gospel Reading

The Spirit drove Jesus out into the desert and Jesus was there for forty days, tempted by Satan; and he was with the wild animals; and the angels waited on him.

Now after John was arrested, Jesus came to Galilee, proclaiming the good

news of God. Jesus said, 'The time has come, and the kingdom of God is near; change your ways, and believe in the good news.'

*This is the Gospel of the Lord.  
Praise to you, Lord Jesus Christ.*

Ajak and her family (in the photo below) all support and care for each other. Ajak and her friend Awut also support each other through difficult times.

### Ask the Children

- 1) What do we as Christians do during Lent?
- 2) Today, do we fast in the same way Jesus did in this gospel reading?
- 3) How do we show care for our families and friends? How can we show care for families around the world?

### Group Activity

On heart-shaped pieces of paper, write down one thing that you love and are giving up for Lent, or one thing you are taking on for Lent. Write down something that will bring fairness into someone's life. Put a ribbon on it and hang it in a place that will remind you every day of your promise.



Ajak and her sons, (L–R) Pawany (7), Majak (4), Chiech (6). Photo credit: Achuoth Deng

