**Tuesday 23rd February**

**WELCOME:** In the name of the Father and of the Son and of the Holy Spirit. Amen.

This week our theme is Lent and temptation

**WORD: Matthew 4:6**

Then the devil took him to the holy city and made him stand on the parapet of the temple and said to him, “If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you lest you dash your foot against a stone.” Jesus answered him, “Again it is written, you shall not put the Lord, your God to the test.”

**WORSHIP:** Let us pray the Lord’s prayer ‘lead us not into temptation but deliver us from evil’. Lord in your mercy. Hear our prayer.

**WITNESS:** Are not our temptations an invitation to deny the kind of person we want to be and, instead, turn to unhealthy ways to satisfy ourselves? What can we do during Lent to give our body or mind a spring clean?

**MEDITATION** (click on the link and turn on the sound)

<https://www.loyolapress.com/retreats/the-gift-of-faith-start-retreat/>

We conclude our prayer in the name of the Father and of the Son and of the Holy Spirit. Amen