**Wednesday 24th 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 4:8-9**

Then the devil took him up to a very high mountain and he showed him all the kingdoms of the world in their magnificence and he said to him, “All these I shall give to you if you will prostrate yourself and worship me.” At this, Jesus said to him, “Get away Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve.” Then the devil left him, and behold angels came and ministered to him.

**WORSHIP:** For us whose thoughts, worries, temptations and anxieties weigh the soul down. In a prayerful atmosphere, we can identify these temptations that are disturbing our soul. Lord in your mercy. Hear our prayer.

**WITNESS:** The antidote to counteract temptation is to direct one’s heart to the Father. Let us turn our hearts to the Father as we try and spend more time in prayer this Lenten season.

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

<https://www.loyolapress.com/retreats/know-gods-peace-start-retreat/>

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