**Thursday 25th 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**: Mark 1:12-13
And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

**Worship**: The first thing that jumps out here, is that the devil didn’t come to tempt Jesus until after the forty days were up. He waited until Jesus was “famished” and then struck while he was weak. Let us pray for those who are bullied and struggle at school or home. Let us also pray for the bully who is insecure. May Jesus be a source of strength to all. Lord in your mercy. Hear our prayer.

**Witness**: Jesus demonstrates to us how to overcome the temptation to think of ourselves too highly, or to flaunt our status, by doing the opposite and humbling himself and pointing back to Scripture. What can we do quietly and humbly during Lent to help someone else? Could we visit an elderly neighbour (at a distance) and give them some flowers or any small gift (without expecting anything in return)!

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

<https://www.loyolapress.com/retreats/anointed-with-oil-start-retreat/>

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