

The first Sunday of Lent.

Theme: Take time in the wilderness.

Scripture: “The Spirit drove Jesus out into the wilderness and he remained there. ... He was with the wild beasts, and the angels looked after him.”

Mark 1:12-13



Reflection:

Jesus is driven into the wilderness to spend time alone. In this gospel the three temptations are not mentioned specifically. Jesus spends time with the wild beasts and the angels. He enters fully into the wilderness and all it holds. In the desert he encounters his shadow, (the wild beasts), and the light, (the angels). He was willing to look at both sides of his life: the shadow and the light, and integrate them to grow into his deepest self. He enters into the heart of the desert, the heart of the world, the heart of God.

As we begin Lent, rather than choose something to give up, could we commit to entering more deeply into a time of retreat, a time of quiet, a time of desert, where we can enter into the heart of God. Can we take the time to allow the shadow and the light to speak to us. It is here we will hear the cry of the people and the cry of our Earth. In doing this we participate in the process where the light can overcome the darkness in our world, so that good may triumph over evil.

Prayer

God of light and darkness
Give us the courage to enter the desert
to encounter our shadow,
Knowing that you have gone before us.
May our encounter with light
unite us with you in spirit and prayer
for our suffering world.



[RAISE UP THE GOOD](https://vimeo.com/user25724315/review/892945019/e12f034df2)

<https://vimeo.com/user25724315/review/892945019/e12f034df2>

Raise up the good, over evil,
Share the light through the darkness
and let peace rain (reign) throughout the world,
this earth our common home.

Prepared by Carmel Cole from ANZ & Samoa Province