

March 6, 2022

**1st Reading: Dt 26:4-10**  
**Responsorial: Ps 91:1-2, 10-11, 12-13, 14-15.**  
**2nd Reading: Rom 10:8-13**  
**Gospel: Lk 4:1-13**

Use the url or QR code below to access the digital content on your computer or smartphone for the digital version with hyperlinks:

Links are curated for families to continue to grow and learn together! Faith can be fun!

Last Week



bit.ly/buildingfaith8C

This Week



bit.ly/buildingfaithLent-1

Note:  
Bitly links are case sensitive

**First Week of Lent** - This Gospel highlights for us one of the central themes of the Season of Lent. We are dependent upon God for all that we have and all that we are. Anything that leads us to reject this dependency or to distrust its sufficiency, is a temptation from the devil.

Luke ends his report of Jesus' temptation in the desert by noting that the devil departs for a time. The implication is that the devil will return. Jesus knows that he will be tempted again in the Garden of Gethsemane. The depth of Jesus' trust in God is shown most fully when Jesus rejects the temptation to turn away from the task God has given to him. Jesus' final rebuke of the devil is his sacrifice on the Cross.

Jesus' responses to the temptations of the devil teach us how we can respond to temptation. As we start our journey through Lent, this Sunday's Gospel calls us to adopt the same confidence that Jesus had in the face of temptation: God's word alone will suffice, God's promise of protection can be trusted, and God alone is God.

[Loyolapress.com](http://Loyolapress.com)

What is one thing you will do during Lent to become more open to God in your life? [lifelongcatechesis.osv.com](http://lifelongcatechesis.osv.com)

**Novena to St. Joseph's Day begins March 10**  
**Follow the daily prayers at [passionistnuns.org](http://passionistnuns.org)**




**Catholic Kids Homilies**  
 1st Week in Lent Cycle C

[youtu.be/7TjkGm-xYr4](https://youtu.be/7TjkGm-xYr4)

**Stations of the Cross Eggs for Catholic Kids!**



[catholicicing.com](http://catholicicing.com) - Stations of the Cross Eggs for Catholic Kids! (Children Faith Builder)



**Lenten Ember Days**  
 March 9, 11, 12

Four times a year, seasonally, the Church sets aside days to "entreat the Lord for the various needs of humanity, especially for the fruits of the earth and for human labor, and to give thanks to him publicly. (#45 Universal Norms on the Liturgical Year and the Calendar) Spring or Lenten Ember Days are set aside to give thanks for the Season of Spring and Baptism. Enrich your Lent with pray and fasting on these Ember Day.

March 9	March 11	March 12
PRAY by attending Mass	PRAY the Divine Chaplet	PRAY the Rosary
FAST from unnecessary verbal communication	FAST by abstaining from meat with only one full meal.	FAST from unnecessary work

**Lent, Ember Days and More!**

[Catholicicing.com](http://Catholicicing.com) - What To Give Up For Lent: The Ultimate List Of Ideas From Over 100 Catholic Moms!!!

[catholicculture.org](http://catholicculture.org) - Lenten Ember Days (Adult Faith Builder)

[Play.howstuffworks.com](http://Play.howstuffworks.com) - Can you pass this Lent Quiz? (Family Faith Builder)

As a family, create a Recipe Box for Lent of Meatless recipes and other Lenten foods.

Here are some recipes to get you started:

[Catholiccuisine](#) - Grilled Tilapia with Pineapple salsa

[Catholiccuisine](#) - "I am the bread of life..." Easy Artisan Bread

[Catholiccuisine](#) - Lenten Chocolate Cake - A no-dairy recipe!

**Share your favorite family Lenten or Easter recipe to share with the diocese!**

**Email [aslaven@syrдио.org](mailto:aslaven@syrдио.org) We will publish recipes in upcoming issues of Building Faith@Home!**



Office of Catechesis



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