

A Personal Encounter with the Power of the Gospel

First Week of Lent: Do Not be Afraid of the Silence. God is with Us.

In the video Fr. Mark asks us to quiet our hearts. Quiet your heart and make time for silence in your life. We have instant access to everything we want. This Lent take the time to look inside your heart.

God can be found in the silence, but for some reason so often we are actually afraid of silence. Fr. Mark encourages us to not be afraid to make time to just sit in silence with God. In so many other areas of our life, we are influenced by what we hear. God is different. His ways are not our ways, and he wants to meet us in a way that is independent of outside influence so he can speak directly to our hearts. It's not that God is silent until we find time for nothing but him, but our hearts are too easily distracted by other things to hear him. In the silence we are more in tune with God's voice, and he often chooses to wait for us to meet him in that way.

- We discover in this first week of lent that God is with us in our struggles.
- These struggles can be ways that God is teaching us.
- Don't be afraid if you have had a rough start to lent.
- Start to listen to what God is trying to tell you.
- Ask God to help you find time for him.

Read Matthew 4:4

- Temptation never provides what it promises. Tucked inside every temptation is a lie. Jesus was tempted in the desert but he reacted quickly and faced the temptation. When we are tempted it is best to face it quickly. An example could be (Fr. Mark) a snowball rolling down a hill. The snowball is small at the top of the hill when it starts rolling but it continues to grow the further down the hill it rolls. Just like temptation if we face it as soon as the temptation occurs it will be much easier for us to stop it.

Read 1 John 4 1-6

- Think about your most alluring temptation. What is it offering you?

Read James 4: 7:10

- What temptation do you need to face in your heart this week?
- Does knowing what Jesus experienced in the desert help you to know him better?

Read James 1:12-27

- Learning how to resist temptation makes us stronger in our spiritual lives.