

MARCH 9, 2014  
FIRST SUNDAY IN LENT

When we are tempted to sin,  
God's Word gives us strength  
and help.

taking  
faith  
home

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## DAILY BIBLE READINGS

These readings are related to the Lectionary readings for this Sunday.  
We invite you to take time each day to read the assigned  
Bible passages.

Sunday	Matthew 4:1-11	The temptation of Jesus
Monday	Deuteronomy 8:1-9	We do not live on bread alone
Tuesday	Deuteronomy 6:13-19	Do not test the Lord
Wednesday	1 Corinthians 10:1-13	Warnings about temptation
Thursday	Galatians 6:1-10	Watch yourself!
Friday	Hebrews 4:14-16	Christ was tempted as we are
Saturday	Psalms 38:9-12; 17-22	Confessing our sin
Sunday	John 3:1-17	For God so loved the world

## SCRIPTURE VERSE FOR THIS WEEK

"People do not live on bread alone, but on every word that comes from  
the mouth of God." Matthew 4:4 (TNIV)

### SAY, PRAY AND BLESS:

#### A Prayer for the Week:

Lord God, give us a hunger for your Word, the Bread of Life. Amen.  
(Matthew 4:4)

#### Mealtime Prayer:

Loving God, thank you for giving us daily bread. Make us hungry not  
only for food, but for your Word, the true source of life. Amen.

#### A Blessing to Give:

May the Lord Jesus bring you peace when you are afraid. May you  
listen to him and look to him, now and always. Amen. (Matthew 17:5-6)

## CARING CONVERSATIONS

Discuss in your household or small group:

- Share about a time when you felt tempted in some way.
- How was Jesus tempted by the Devil in the desert? How did he respond?
- What can we do as Christians to help resist temptation? What can we learn from Jesus' responses?

## DEVOTIONS

Jesus says that our life depends not only on eating food, but on every word that God speaks. This week, connect God's word with your bodily eating by beginning each meal with a short Bible reading. Ask those in your household to choose a favorite Bible verse to be read on a particular day of the week. If possible, display these verses on placemats for all your household to see.

## SERVICE

Genesis 2:15 says that God put Adam in the Garden of Eden to "work it and take care of it." Volunteer some time as a household to assist a neighbor with their gardening or outside cleaning, or help maintain your church grounds or a local recreation area.

## RITUALS AND TRADITIONS

The season of Lent begins with Jesus in the wilderness and journeys toward the cross and the tomb. Make up a "wilderness box" as a Lenten feature for your meal table or home devotional area. Line the inside of a shoebox with plastic. Fill most of the box with soil and then put a layer of sand over the top. For each week of Lent, you will be able to add a different symbol to the box. This week, add some small stones to symbolize Jesus' temptation to turn stones into bread. Say this prayer together:

*Lord Jesus, when you were tempted in the wilderness you did not give in.  
Please help us to be strong when we are tempted. Thank you for going all the way to the cross for us. Amen.*



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