

First Sunday in Lent

22 February 2026 - Year A

"Jesus fasted for forty days and nights and was tempted."

Something to Think About

Have you had to make any choices today? Maybe you had to choose which clothes to wear, or which game to play, or what to eat for breakfast. Have you ever had to make a really hard choice?

The Story

In the first week of Lent each year we hear the story of Jesus' time in the desert where he was tempted by the devil. The devil tried to tempt Jesus to do the wrong thing – three times! - but Jesus was strong and he did not give in. Jesus remembered the words of Scriptures which gave him the wisdom to make the right choices. When the devil saw that he could not trick Jesus, he went away. Then angels came to help Jesus.

The Scriptures

A reading from the holy Gospel according to Matthew (4:1-11)

The Holy Spirit led Jesus into the desert, so that the devil could test him.
After Jesus went without eating for forty days and nights, he was very hungry.
Then the devil came to him and said, "If you are God's Son, tell these stones to turn into bread."
Jesus answered,
"The Scriptures say: 'No one can live only on food.
People need every word that God has spoken.'"
Next, the devil took Jesus to the holy city and had him stand on the highest part of the temple.
The devil said, "If you are God's Son, jump off. The Scriptures say: 'God will give his angels orders about you. They will catch you in their arms, and you will not hurt your feet on the stones.'"
Jesus answered, "The Scriptures also say, 'Don't try to test the Lord your God!'"
Finally, the devil took Jesus up on a very high mountain and showed him all the kingdoms on earth and their power.
The devil said to him, "I will give all this to you, if you will bow down and worship me."
Jesus answered, "Go away, Satan! The Scriptures say: 'Worship the Lord your God and serve only him.'"
Then the devil left Jesus, and angels came to help him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Group Discussion

The main message for this first Sunday in Lent is that throughout our lives we will be tempted. We need to try and make good choices for ourselves and for others. It is important to remember that everyone is tempted sometimes, and that Jesus understands how it feels. When Jesus had difficult choices to make, he relied on teachings from the Bible and his relationship with God. Who helps you to make difficult choices?

Praying For Others

Leader: Gathered as one with all creation, let us pray for the needs of the world.

Reader 1: We pray for our leaders who have to make choices each day. Lord, hear us.

All: Lord, hear our prayer.

Reader 2: We pray for our parents who make choices to care for and look after us. Lord, hear us.

All: Lord, hear our prayer.

Reader 3: We pray that we always try to make the best choice as Jesus did. Lord, hear us.

All: Lord, hear our prayer.

Reader 4: We pray for those who find it hard to do the right thing. Lord, hear us.

All: Lord, hear our prayer.

Reader 5: We pray for the courage to do the right thing. Lord, hear us.

All: Lord, hear our prayer.

Reader 6: We pray for our own needs. *(Invite the children to pray for their own special intentions).* Lord, hear us.

All: Lord, hear our prayer.

Leader: Loving God, listen to the prayers we make in the name of Jesus.

All: Amen.

Prayer for this Week



Lord Jesus,
Help us to listen to God's voice when we
are tempted to do the wrong thing.
Stay near to us and give us the strength
to make good choices.
Amen.

Video (optional)

Click to watch the video: [The Temptation of Jesus](#)



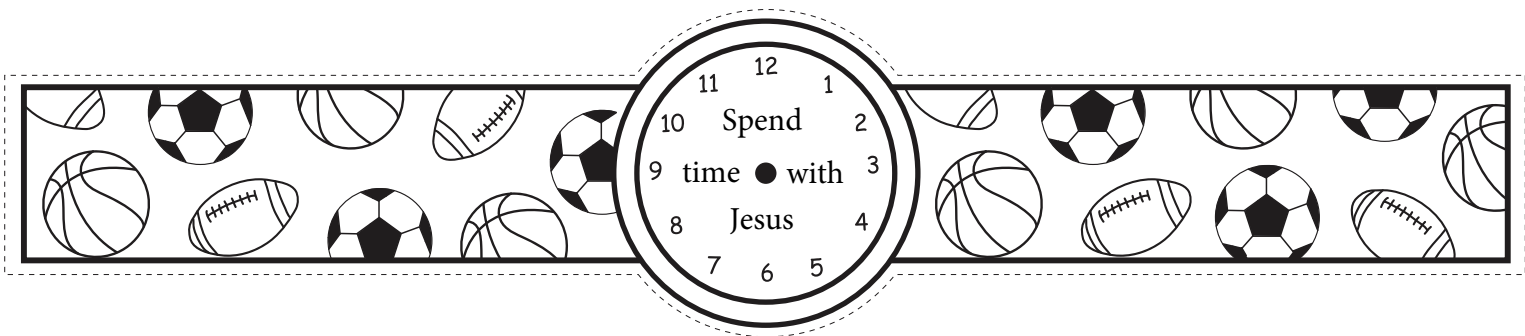
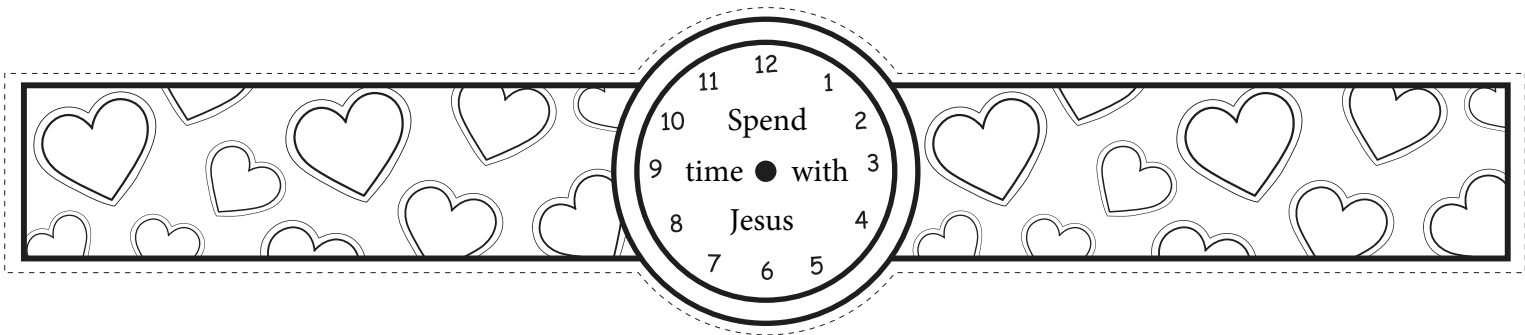
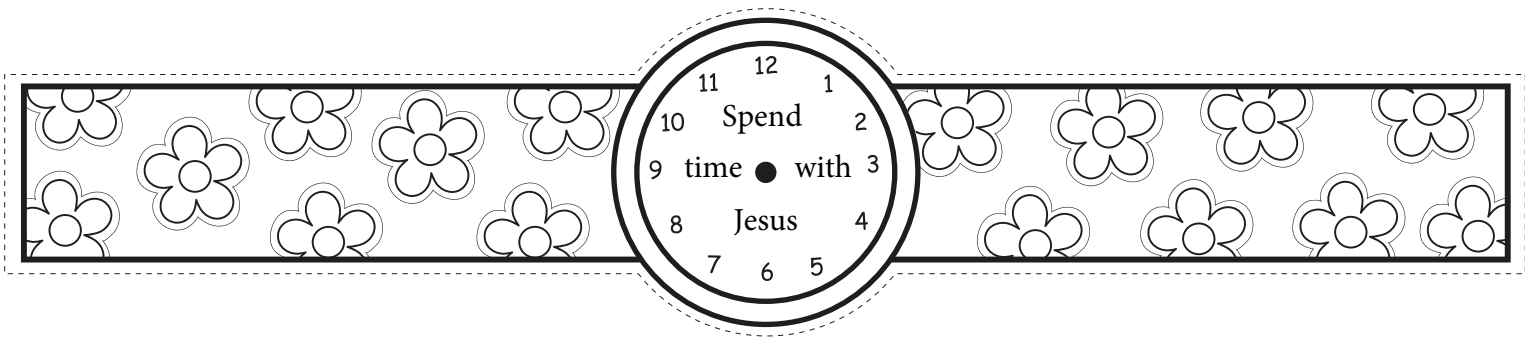
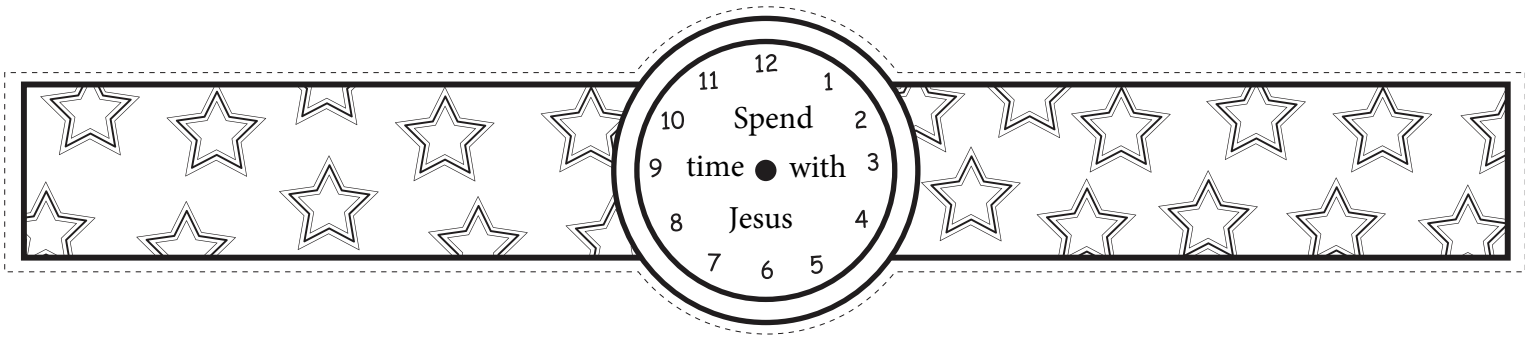
Group Activity (optional)

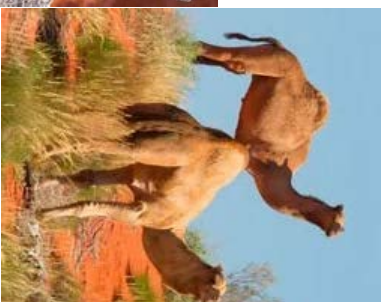
SPEND TIME WITH JESUS

You will need: watch templates copied onto heavy cardstock, coloured markers, scissors, sticky-tape.

- Children choose a watch design.
- Remind children that Jesus will always be there whatever time of day or night they call on him.
- In Lent, we try to spend more time with Jesus. Children can think about this as they colour in their watch.
- Cut the watch out carefully and affix around wrist with sticky-tape.





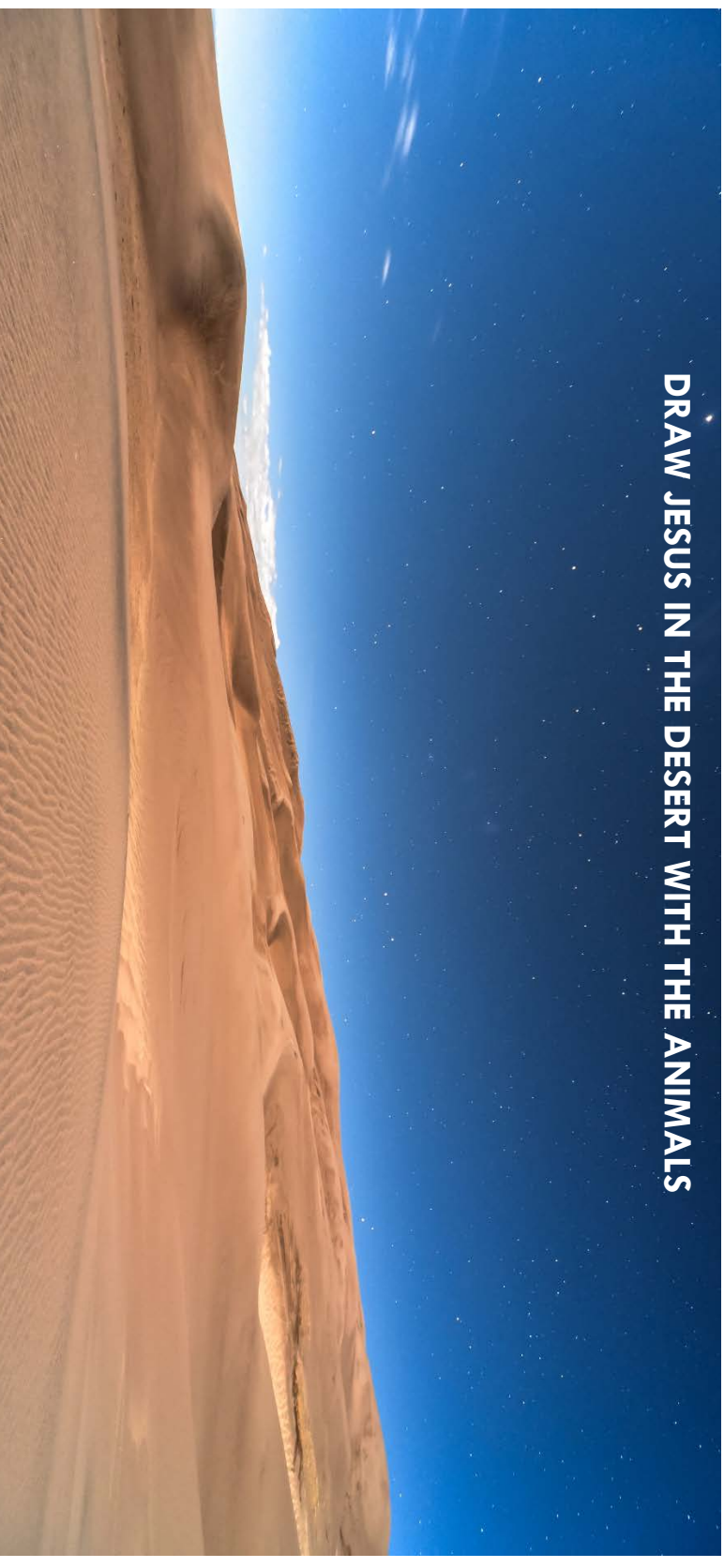


Here are some wild animals that live in the DESERT.

**Point to the
picture of each
animal above.**

- * CAMEL
- * WALLABY
- * GOANNA
- * DINGO
- * BILBY
- * EMU
- * THORNY DEVIL

DRAW JESUS IN THE DESERT WITH THE ANIMALS



JESUS WENT INTO THE DESERT FOR SOME QUIET TIME TO PRAY.