

**Daily Bible Readings:**

These readings are related to the Lectionary readings for this Sunday. Try to take time each day to read the assigned Bible passage.

Sunday	Mark 1:9-15	The temptation of Jesus
Monday	Matthew 4:1-11	Jesus is tempted by Satan
Tuesday	Luke 22:39-46	Pray that you will not fall
Wednesday	1 Corinthians 10:1-13	God will provide a way out
Thursday	Hebrews 2:10-18	Christ helps those tempted
Friday	James 1:12-18	Do not be deceived
Saturday	Psalms 77	Prayer for God's help
Sunday	Mark 8:31-38	Jesus predicts his death

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**Scripture Verse for this Week:**

Christ died for sins once and for all time. The One who did what is right died for those who don't do right.

He died to bring you to God. His body was put to death. But the Holy Spirit brought him back to life. – 1 Peter 3:18 (NIRV)

- Cut out & carry with you.
- Say at each mealtime.
- Read at bedtime.
- Commit to memory.

**Prayer for this Week:**

Lord God, help me when I am tempted. Make me strong to do what is right. Amen. (Mark 1:12-13)

**For Throughout the Day:**

Lord, I worship you. My God, I trust in you. I put my hope in you all day long. Amen. (Psalm 25:1-2a,5b)

**A Blessing to Share:**

*May God help you when you are tempted, and lead you along his good path. Amen.*

**Mealtime Refrain:**

Christ has died for our sins, once and for all:  
**He has brought us back to God.** (1 Peter 3:18)

**Mealtime Prayer:**

*For food in a world where many walk in hunger,  
For faith in a world where many walk in fear,  
For friends in a world where many walk alone,  
We give you thanks, O Lord.*



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**Faith Talk:**

Discuss in your household or small group:

- What is temptation? Share about a time when you felt tempted.
- Jesus spent 40 days in the desert, where he was tempted by Satan. What do you think it was like for Jesus to spend that time alone in the desert?
- How did Jesus fight Satan's temptations? How does God help us when we are tempted?

**Devotional Practices:**

Cut out 2x4 inch strips of color paper. Each evening during Lent, gather prayer suggestions. Write or symbolize each petition on a paper strip. After you have prayed together, glue or staple the strips into a paper chain, which will grow throughout Lent. Drape it somewhere in your home as a reminder to pray.

**Service:**

As a household, decide not to buy a special treat item that you would normally buy each week, or to set aside the money you might have spent on eating out. At the end of March, use what you have saved to buy food items to donate to a community food shelf or food pantry serving the needy.

**Rituals and Traditions:**

Make a "crown of thorns wreath" as a devotional focus. Make or purchase a grapevine wreath to use as the base. Insert six purple candles, one for each remaining week of Lent, and a white candle to represent Christ. Light one candle for this next week, two candles for the week after, and so on. Begin Holy Week (on Palm Sunday) with all of the candles lit, then extinguish one candle each night thereafter. Light the Christ candle as you celebrate Jesus' resurrection on Easter Sunday.

**From Martin Luther's Small Catechism:**

The Sixth Part of the Lord's Prayer:  
**Lead us not into temptation.**

*What does this mean?*

God surely tempts no one to sin, but we pray in this petition that God would guard and keep us, so that the devil, the world, and our flesh may not deceive us or lead us into false belief, despair, and other great and shameful sins; and though we are tempted by them, we pray that we may overcome and win the victory.

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