



## FIRST SUNDAY OF LENT

CHILDRENS LITURGY LESSON PLAN  
MARCH 1, 2020

THEME: OVERCOME TEMPTATIONS

## ENTERING AND WELCOMING

### GOSPEL: MATTHEW 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: *One does not live on bread alone, but on every word that comes forth from the mouth of God.*" Then the devil took him to the holy city and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: *He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.*" Jesus answered him, "Again it is written, *You shall not put the Lord, your God, to the test.*" Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: *The Lord, your God, shall you worship and him alone shall you serve.*" Then the devil left him and, behold, angels came and ministered to him.

- \*Make the children to stand in a circle and hold their hands together.
- \*Bring to their mind that Jesus is standing in middle of the circle. Wish Him. Prompt them to close eyes for talking to Jesus in prayer.
- \*Say a prayer in children's own words or do '**Our father**' and '**Hail Mary**' together
- \* **The Sorry Prayer: (Optional)**  
Ask the Children to reflect on the past week and reflect on whether they would like to say sorry for anything they have done or said to someone, that must have hurt Lord Jesus.  
(After each prayer, respond: Lord have mercy.)

## PSALMS

(Singing Psalms: Help the children to repeat the Psalm of the day by reading slowly)

**"Be merciful, O Lord, for we have sinned."**  
- Psalms 51:3

## GOSPEL ACCLAMATION

**WELCOMING THE GOSPEL:** PRAISE TO YOU, O CHRIST, OUR SAVIOUR, WORD OF THE FATHER, CALLING US TO LIFE; SON OF GOD WHO LEADS US TO FREEDOM: GLORY TO YOU, LORD JESUS CHRIST!

**A READING FROM THE HOLY GOSPEL ACCORDING TO ST. MATTHEW**

**Activity: Musical Statues**

Children are asked to dance or do any actions they like when we START or as music is played. As we say STOP, they have to stand still like statues. Each of them is then tempted to laugh by doing various funny actions. Those who move; are out.

Few trials are given, and final message is given that we had to resist temptations to keep ourselves still. Temptations are anything that make us fall away from our aim. In the same way to keep ourselves firm in lord we have to overcome temptations and thus not to deviate from the aim of why we are created.

**ST. MATTHEW 4:1-11**

Response: Glory to you, O Lord

READ THE GOSPEL (given in the side)

The gospel of the Lord

Response: Praise to you Lord Jesus Christ.

## GOSPEL REFLECTIONS

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Last week, in the Gospel Lord Jesus is showing us the standard to which we are to grow and mature. He asks us to be like our heavenly father.

This week, we have entered the season of lent. A season of forty days before Easter, that we prepare ourselves to grow more like Jesus by walking with Him and reflecting on His life, passion, death and resurrection for the salvation of each of us and the whole world. Lent helps us to reflect on our lives too by keeping the role model as Jesus and to repent and say sorry for all that we have done against Lord will or without asking lord . Each day we will grow in grace of God; to seek and to obey his will each moment of our life strengthening our spirit to overcome the world.

In today's gospel we are reflecting on how Jesus overcame the temptations from the world when he was led to a desert for forty days by the spirit. He prayed and fasted in the desert to prepare himself for the mission given to him by Heavenly Father.

Have you seen Desert?

**Prompt children to talk about DESERT.**

Yes, Desert is place of dryness and hardships and heat. Let us take this to represent times of hardships and trials of our life.

After baptism, the holy Spirit led Jesus to the desert to be tempted by Satan. Jesus was fasting and praying for forty days and forty nights in the desert. After which he was hungry. It was then the tempter appeared.

Why do you think holy spirit led Jesus for this experience?  
Why do we sometimes need to take exams?

Yes, to check whether we have attained what we were preparing for.

Holy Spirit is our helper, who always guide us, teach us and train us to grow and mature like our Heavenly Father. This was a training for Jesus to prepare him for the mission entrusted by heavenly father.

Satan tempted Jesus to be the wrong kind of Saviour by winning over the world and becoming popular by exploiting his power. The tempter always tempts us to do things according to the desire of the flesh and thus leading to disobeying our heavenly fathers wish through us.

Let us see what the temptations of Jesus were and how he overcame it.

1. Jesus was tempted to feed himself by converting stones to bread using his power. He overcame it by proclaiming the living word:- ***‘One does not live on bread alone, but on every word that comes forth from the mouth of God.’***

2. He was asked to test whether God's promises are true by quoting a verse from the bible that ***‘He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone.’*** Jesus overcame it by proclaiming the living word ***‘You shall not put the Lord, your God, to the test’***

3. Satan promised Jesus with riches and wealth if he worshipped him. But Jesus said, ***‘Get away, Satan! And proclaimed the living word that It is written: ‘The Lord, your God, shall you worship and him alone shall you serve’***

Like Jesus ,each of us are created by our heavenly Father for a great mission. **Temptations comes from Satan** to take us away from lords’ purpose of our creation by distracting and attracting us more to the worldly desires and comforts.

What must we do?

**Stand strong in the Word of God.** To overcome each temptation, Jesus got wisdom from the word of god and gained strength in spirit by prayer and fasting. Satan was defeated this time and angels came to help Jesus.

Through 'the temptation of Jesus', our lord makes us understand the power of the word of God, the sword of our soul filling us with wisdom to accomplish purpose of our creation each day and that Fasting and praying strengthens our spirit to control the desires of the flesh and to walk in the way of eternity. It helps us to realize that we belong to Father in heaven and are not slaves to this world by saying NO to the world’s temptations and Yes to Gods word. Jesus, the one who conquered this world is living in us, let us trust in full confidence and with him who strengthens us, we can do all things.

In this time of Lent ,let us pray in true desire to our loving father to empower us in Jesus name ,with Holy Spirit and give us grace to feed on

the word of God ,fast and pray to strengthen us and enlighten us to accomplish Gods plan through us. Let us be more aware of the traps and temptations set by Satan to take us away from our father in heaven. Like Jesus showed us, let us keep vigilant by increasing our time with lord, gathering the sword of our soul by reading the word of God and giving up something as a sign of our love to our Jesus. For Jesus says, ' "Stay awake and pray that you may not come into the time of trial; the spirit indeed is willing, but the flesh is weak." (Matthew 26:41)

## **VERSES TO REMEMBER (WRITTEN ON THE WHITE BOARD):**

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*“One does not live on bread alone,  
but on every word that comes forth  
from the mouth of God.” Matthew 4:4*

## **INTERCESSION PRAYERS:**

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If children have any personal prayer intentions, we pray for them.

And in response we pray: **Lord in your mercy, hear our prayers.**

## **FINAL PRAYER:**

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Dear lord, thank you for giving us Jesus as our only way truth and life. In this season of lent, give us grace to spend more time with you, and to feed on your living words. Help us to gain strength and grace to overcome temptations by prayer and fasting, strengthening the Holy spirit and seeking refuge in You, who has overcome this world. In Jesus name we pray, Amen

**Children re-join the Holy Mass.**