

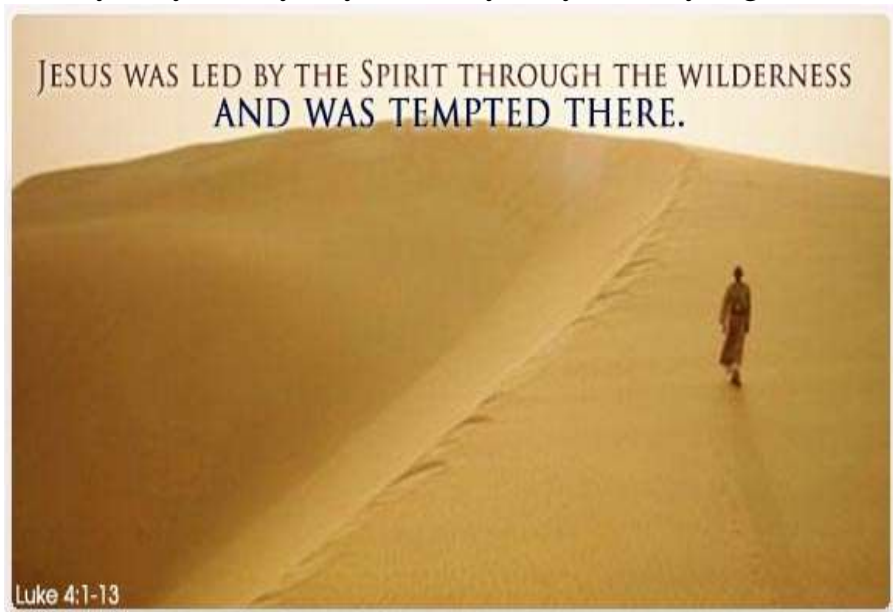
## The Desert Time

During **Lent** we remember the 40 days Jesus spent in the desert, praying and fasting, and getting ready for his great mission. His mission of course was to tell everyone about God and how much He loves us all.

The Gospel story for the 1<sup>st</sup> **Sunday of Lent** tells us that God's Spirit led Jesus out into the desert. Do you know anything about the desert? If you do, you will know that the desert can be a very dangerous place. It almost never rains there so it's very hard for anything to grow. That means of course that it's not easy to find food there or water to drink. The desert is very very hot by day and very very cold by night. There are few places to shelter in the desert. When the wind comes, it blows the sand and the shape of the desert changes. People lose their way in the desert very easily.

The Gospel story tells us too that there were wild animals in the desert where Jesus was. It must have been hard for Jesus to be there without anyone else for

company and with no food, for 40 days! We know that Jesus was tempted to give up and to leave the desert but he stayed strong. God sent his angels to be with him to comfort and care for him.



During **Lent** we are all asked to do 3 things:

- To give up something we like, that is to fast a little, like Jesus did in the desert
- To take on doing something e.g. to pray a little bit more or to do kind deeds
- To share e.g. our money with people who are less well off, which is why we usually have Trocaire boxes during **Lent** (you can collect one from the church if you wish)

The important thing is that whatever we do during Lent helps us to come closer to God and to the person we were meant to be – the best possible version of us!

**Did you know that you have an angel whose job it is to look after you?** That angel is called your Guardian Angel. Why don't you ask your Guardian Angel to help you keep your **Lenten** promises?