



# Daily Reflections

**March 10, 2019**

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## Scripture

**Luke 4: 1-13**

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil.

He ate nothing during those days,  
and when they were over he was hungry.

The devil said to him,  
"If you are the Son of God,  
command this stone to become bread."

Jesus answered him,  
"It is written, One does not live on bread alone."

Then he took him up and showed him  
all the kingdoms of the world in a single instant.

The devil said to him,  
"I shall give to you all this power and glory;  
for it has been handed over to me,  
and I may give it to whomever I wish.

All this will be yours, if you worship me."

Jesus said to him in reply,

"It is written:

You shall worship the Lord, your God,  
and him alone shall you serve."

Then he led him to Jerusalem,

made him stand on the parapet of the temple, and said to him,  
"If you are the Son of God,  
throw yourself down from here, for it is written:  
He will command his angels concerning you, to guard you,  
and:  
With their hands they will support you,  
lest you dash your foot against a stone."  
Jesus said to him in reply,  
"It also says,  
You shall not put the Lord, your God, to the test."  
When the devil had finished every temptation,  
he departed from him for a time.

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## **Our Scripture Reflection**

On this first Sunday of Lent we are blessed to read the temptation account in Luke's Gospel. Please note that Luke begins his account by informing us that Jesus is filled up with and led by the Holy Spirit. In other words, God is completely in charge and at all times. Satan, the father of lies, appears and tests Jesus. The essence of each temptation is an attempt to get Jesus to give up His dependence on His Heavenly Father, to go it alone if you will. But He will have none of it. Even though He possesses Divine power, He will never show off this power. He is HUMBLE before the Lord God. Lent is the season for us to do the same.

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## **Food for your Journey**

Lent is a time for restoring balance to our lives.

The Eskimos know all about balance. They practice it every time they venture out into freezing Arctic waters in one of their little boats.

Have you ever tried to paddle a kayak? If you have, you know how easy they are to tip. The advantage of kayaks, though, is that as easy as they are to tip, they're just as easy to right. An expert kayaker can tip completely over, hanging head downward — and then, with a quick twist of the paddle, turn the boat back upright again.

That isn't a bad image for Lent. Whatever spiritual disciplines you adopt, these 40 days are a time of shedding baggage, of getting back to basics in

our spiritual life. Eventually, we are to be like Eskimos in their kayaks: just us against the waves, with only our paddle and a tippy little boat to keep us safe.

If you capsize, though — if you succumb to temptation — it's no biggie. One of the lessons of Lent is that, as long as we're traveling light, it takes only a quick twist of the paddle to right us. So don't get worried if your spiritual discipline fails. Just get yourself upright, and start all over again.

—Carlos Wilton.

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## **A Prayer from the Heart**

Dear God, While tested to the limit, Your Son Jesus remained faithful to You in the desert. During my forty days in the desert of Lent I know I will face many temptations, especially the temptation to be totally in control of my life. Help me to follow Jesus' example by becoming humble before You. May I work each day to surrender my life completely to You. Amen