

Today is the First Sunday of Lent. We have begun the forty day journey to answer God's call to come back to me with all your heart.

Still filled with the fervor of our Ash Wednesday commitment, our Gospel for the first Sunday of Lent asks us to reflect on the temptations of our lives - those daily annoyances that pull us away from the real desires of our heart, that remind us of our sin, our weakness and our shortcomings - that remind us of our need for God.

We see in the gospel, Jesus is confronted by the voice of evil that asks him to deny his very identity. He is challenged to be less than he is. The evil one tested Jesus by saying, **If** you are the Son of God...but Jesus knew who he was and held fast to the Spirit within.

Lent offers us the opportunity to deepen our understanding of who we are, for we too are confronted with the temptation to be other. We may hear the false voices that cause doubt, mistrust, or unworthiness to take hold of our spirit.

What will sustain us in those moments of temptation? Prayer? The Eucharist? The Scriptures? Community? Our Lenten practice?

Today let us pray with and for one another that we may hear the call of God to know that our true worth, our true joy is in God Alone.