

Sunday 1st (A) of Lent

Gospel text (Mt 4,1-11): Then the Spirit led Jesus into the desert that He be put to the test by the devil. After spending forty days and nights without food, Jesus was hungry.



Today we contemplate Jesus Christ retreating to the desert. What an impressive scene! Immersed in silence, He fasts and prays. He practices self-denial and prepares Himself for the Cross, where He will renounce to His own life for the sake of our salvation. He is true God and true Man: and as Man he suffers temptation Himself, like anyone of us. And all that entails an effort for Him.

-God makes an effort for you. And you? Will you offer Him a mortification?