Almighty God, whose blessed Son was led by the Spirit to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

## LOOK

We make choices all the time in every aspect of our lives. We are tempted to dwell on the choices that didn't turn out so well.

- 1. Share a great choice you made recently. What were the options and how did you make the decision? Why did it turn out well?
- How does your faith help you look at choices and sort through them?

## BOOK

Luke 4:1-13

- 1. What is the purpose of Jesus' 40 days in the wilderness?
- 2. Why does the devil's quoting of scripture ring hollow? What is the difference in Jesus' quoting of scripture?
- 3. What makes an "opportune time" for the devil?

## TOOK

Canon Linda handed out pieces of paper with our baptismal covenant promises and asked us to consider making one of them a particular focus this Lent. Which one speaks to you and how might you address it? Here they are again (p. 304 in BCP):

- 1. Will you continue in the apostles' teaching and fellowship, in the breaking of the bread, and in the prayers?
- 2. Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?
- 3. Will you proclaim by word and example the Good News of God in Christ?
- 4. Will you seek and serve Christ in all persons, loving your neighbor as yourself?
- 5. Will you strive for justice and peace among all people, and respect the dignity of every human being?