



Small Groups

Parish Community of Saint Helen



Sunday, February 26, 2023
1st Sunday of Lent
On The Right Track Week 1

*Suggested reading for this session:
Pages 3 to 41 in the Lenten Companion*

Opening Song

[Return to God ~ John Angotti](#)

Opening Prayer

Leader's choice

Or

Pope Benedict shared with us that “Silence has the capacity to open a space in our inner being, a space in which God can dwell, which we ensure that His word remains with us, and that love for Him is rooted in our minds and hearts and animates our lives.” Lord, help us to seek the silence so that we may hear you. Please keep our hearts open to your Word and send your Holy Spirit to guide us to *stay on the right track*. We ask this in the name of your Son, Jesus. Amen

Welcome Video: [What do you want for Lent?](#)

Gospel

Mt: 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil.

He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him,

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"If you are the Son of God,
command that these stones become loaves of bread."

He said in reply,

"It is written:

*One does not live on bread alone,
but on every word that comes forth
from the mouth of God."*

Then the devil took him to the holy city,
and made him stand on the parapet of the temple,
and said to him, "If you are the Son of God, throw yourself down.

For it is written:

*He will command his angels concerning you
and with their hands they will support you,
lest you dash your foot against a stone."*

Jesus answered him,

"Again it is written,

You shall not put the Lord, your God, to the test."

Then the devil took him up to a very high mountain,
and showed him all the kingdoms of the world in their magnificence,
and he said to him, "All these I shall give to you,
if you will prostrate yourself and worship me."

At this, Jesus said to him,

"Get away, Satan!

It is written:

*The Lord, your God, shall you worship
and him alone shall you serve."*

Then the devil left him and, behold,
angels came and ministered to him.

Reflection Video: [Be Not Afraid of Silence](#)

If your group chooses to listen to the weekend Homily you can find it at:
sainthelen.org/podcast/

Discussion Questions

1. Was there a part of the Gospel or weekend message that resonated with you?
2. When we hear the word *sacrifice* most of us think about giving up something. However, the word *sacrifice* has less to do with giving something up than with giving something to. *Sacrifice* is more about what we offer than about what we give up. So, what can you offer up to God? Instead of giving something up, what can you offer up to God?
3. Fr. Toups says: "If you do what you have always done, you will get what you always got." How can you make this Lent different?
4. Silence can be impactful. How would making time for silence impact your faith journey?
5. Fr. Toups says: "God is with us in our struggles. Share a time when you felt God was with you in your struggles?"

Closing Prayer

Ask for the group intentions ~ *Lord hear our prayer* after each

Glory Be to the Father,

And to the Son, and to the Holy Spirit.

As it was in the beginning, is now

and ever shall be world without end.

Amen

Closing Reflection Song

[To the Desert Follow Me \(Sara Hart\)](#)

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