

## My Lenten Commitment

Knowing that this is a journey that I do not  
walk alone,  
With your help this lent,

**Lord Jesus,**

I give you my hands to do your work  
I give you my feet to go your way.  
I give you my eyes to see as you do.  
I give you my tongue to speak your words.  
I give you my mind that you may think in me.  
I give you my spirit that you may pray in me.  
Above all,  
I give you my heart that you may love in me,  
your Father, and all humanity.  
I give you my whole self that you may grow  
in me,  
so that it is you, Lord Jesus,  
who live and work and pray in me.

*(Prayer from the Grail)*

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*Jesus answered him, "It is written, 'One does not live by bread alone.'" Luke 4:1-13*

This week we begin the season of Lent a time of preparing for Easter and in today's gospel we find a few little pointers for our preparation.

In the Gospel we are told that we cannot offer guidance unless we take time for ourselves and our relationship with God. The commitment and journey of faith starts with **ME** first of all but we also need the support of others and we need to be a support for others. Jesus never intended the Christian life to be a solitary journey. On the contrary, we are stronger when we are surrounded and supported by our community in faith. Where the world tells us to be independent and self-reliant, Jesus tells us to lean on each other - and to let others lean on us. That's probably why he sent his disciples to preach two by two. He knew they needed to balance each other out, with one helping the other in moments of weakness or tiredness. So as we prepare to make our commitments and sacrifices for Lent maybe it is a good time to look at your community, your parish, your community of faith –

***Are there ways you feel supported or ways that you can be a support to others in your community this Lent?***

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