



First Sunday of Lent: The Hunger for God

THE GRACE I SEEK: to believe that Jesus longs to feed my soul with himself

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to believe you will satisfy every longing of my heart.

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

“But the serpent said to the woman: ‘You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil.’ The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it.” (Genesis 3:4-6)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

What are the “fruits” your heart is hungering for? Are there times you have grasped at ways to satisfy this hunger in your heart, only to realize these things did not satisfy? Share these openly and honestly with the Lord.

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

“The tempter approached and said to him, ‘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.’” (Matthew 4:3-4)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus desires to fulfill the deepest longings of our heart with himself—his Body and his Blood. Gazing upon the Eucharist, ask Jesus to show you how he wants to satisfy the hunger of your heart. Beg him to enter into that hunger with his Eucharistic presence.

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, First Sunday of Lent)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your deep desire for Jesus’ Presence, trusting that he longs to feed you with himself through the Eucharist.