

# HOLY CROSS AND ALL SAINTS MONDAY MISSION

## **THIS WEEK'S WORD:**

**Matthew 5:17-37**

Then the Spirit led Jesus into the desert to be tempted by the Devil. After spending forty days and nights without food, Jesus was hungry. Then the Devil came to him and said, "If you are God's Son, order these stones to turn into bread." But Jesus answered, "The scripture says, 'Human beings cannot live on bread alone, but need every word that God speaks.'"

Then the Devil took Jesus to Jerusalem, the Holy City, set him on the highest point of the Temple, and said to him, "If you are God's Son, throw yourself down, for the scripture says, 'God will give orders to his angels about you; they will hold you up with their hands, so that not even your feet will be hurt on the stones.'"

Jesus answered, "But the scripture also says, 'Do not put the Lord your God to the test.'"

Then the Devil took Jesus to a very high mountain and showed him all the kingdoms of the world in all their greatness. "All this I will give you," the Devil said, "if you kneel down and worship me."

Then Jesus answered, "Go away, Satan! The scripture says, 'Worship the Lord your God and serve only him!'" Then the Devil left Jesus; and angels came and helped him.



## **REFLECT**

After his baptism, Jesus is led by the Spirit to the wilderness. Here we see the Lenten themes of fasting, penance and reconciliation with God and with our brothers and sisters. Jesus is entering a time of reflection about his life. How is he going to live out the life God the Father is calling to? What sort of leader will he be?

It is interesting to see that all Jesus' temptations seem to be good things. What could be wrong with eating, proving that he is God or gaining followers? Few people choose to do something bad knowing it is the wrong thing. It is hard for us to know what is right - and it was hard for Jesus too. If Jesus has to think this much about the choices he makes, maybe we shouldn't be worried if we need time to reflect before we make decisions too.

Matthew shows, by quoting from the Old Testament, how Jesus is the saviour promised by God. He shows us that material things will not give us real happiness and that we need to trust God. We may not always understand how God works, but just as God sent the angels to look after Jesus, we know that God will look after us.

## **LET US PRAY**

Loving God,

Thank you for loving us and staying close to us. When we have hard choices to make, help us listen to your words, just like Jesus did in the desert. Teach us to choose what is good, to trust you even when things feel difficult, and to remember that your angels watch over us. Keep our hearts kind, brave, and full of your light. Amen.

## **MISSION**

This week, try to follow Jesus' example by slowing down, thinking carefully, and choosing what is good.

### **1. Take a Quiet Moment**

Each day, spend one minute in silence. Ask God to help you make good choices and to stay close to you. This small pause helps your heart listen to God, just as Jesus did in the desert.

### **2. Do One Good Action**

Choose one simple good action to repeat daily—sharing, helping, or speaking kindly. These small choices show that you want to follow God's way, just like Jesus choosing what was right.

### **3. Resist One Temptation**

Pick one temptation to let go of this week, such as complaining or arguing. When it feels hard, remember that God helped Jesus, and God helps you too.