



St. Bede's Catholic School &  
Byron Sixth Form College

Monday 19<sup>th</sup> February

**Faith ~ Excellence ~ Determination**

Temptation



St. Bede's Catholic School &  
Byron Sixth Form College



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Byron Sixth Form College

# Mission Statement

With the Lord's help, we are united in **faith**, we strive for success and **excellence**, we are **determined** to be the best that we can be.

**Faith ~ Excellence ~ Determination**



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We take a few moments of stillness to ready our hearts and minds.

In the name of the Father and of the Son and of the Holy Spirit. Amen



St. Bede's Catholic School &  
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# Opening Prayer

As we gather this morning, we ask the Lord to be with us as we begin a new week.

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God our Father, hear our prayer and help us this Lent to prepare well for Easter. Through your Holy Spirit, encourage us to be kind, forgiving, and faithful. And through your Son's example, teach us how to share your love with the world. We make this prayer through Jesus Christ, our Lord.

**Amen.**



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This week's theme is Temptation. Temptation is the desire to do something that is wrong or unwise.

As always, this week you will listen to different pieces of scripture that all have a message about temptation.

One of the most important messages is that when you are tempted to do something that you possibly should not, it is your choice and someone else is not to blame for the choice that you have made.

It can be very difficult to overcome temptation but you can do it.



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A reading from the Gospel of Mark  
**Glory to you O Lord**

At once the Holy Spirit made Jesus go into the desert, where he stayed for forty days, being tempted by the devil. Wild animals were there also, but angels came and helped him. After John had been put in prison, Jesus went to Galilee and preached the Good News from God. 'The right time has come,' he said, 'and the Kingdom of God is near! Turn away from your sins and believe the Good News!'

The Word of the Lord  
**Praise to you Lord Jesus Christ**

## Reflection

During Lent we are meant to give up something that we normally enjoy ie chocolate/crisps etc and donate the money that we usually spend on that item to charity. During this time we are often tempted as Jesus was to give in. In this reading Jesus did not give into the temptations that the devil showed him so therefore did not sin. Temptation is part of our everyday life and not something that we grow out of when we reach adulthood. We must however rely on God to help us to overcome temptation.



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In the name of the Father and  
of the Son and of the Holy  
Spirit. Amen



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Tuesday 20<sup>th</sup> February

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# Opening Prayer

As we gather this morning, we ask the Lord to be with us as we begin a new day.

**Hail Mary, full of grace, The Lord is with thee;  
Blessed art thou amongst women and blessed is  
the fruit of thy womb Jesus.**

**Holy Mary, Mother of God, Pray for us sinners,  
now and at the hour of our death.**

Amen



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Reading: A reading from 1 Corinthians 10:13

No trial has come to you that is not common to human beings. God is faithful and will not let you be tempted beyond your strength. He will give you together with the temptation the means to escape and to resist.

The Word of the Lord  
Thanks be to God

## Reflection:

In the reading today we are told that there will be times that we are tempted to do something that we shouldn't and we may have to wrestle with our conscience to prevent ourselves from temptation. God says that will never be tempted beyond what we can bear and if we listen to God we can find a way out.



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St. Bede's Catholic School &  
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Wednesday 21<sup>st</sup> February

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Let us put ourselves in the presence of God as we make the sign of the cross.

In the name of the Father and of the Son and of the Holy Spirit. Amen





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# Opening Prayer

As we gather this morning, let us pray together the prayer Our Father taught us:

**Our Father, who art in Heaven, hallowed be Thy name;  
Thy Kingdom come, Thy will be done, On earth as it is  
in Heaven.**

**Give us this day our daily bread; and forgive us our  
trespasses.**

**As we forgive those who trespass against us; and lead  
us not into temptation, But deliver us from evil**

**Amen**



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Reading: - A reading from Matthew 26:41

Stay awake and pray, so that you may no slip into temptation. The spirit indeed is eager, but the flesh is weak.

The Word of the Lord  
Thanks be to God.

Reflection:

In today's scripture, Jesus is about to be arrested. He asks the disciples to join him in Gethsemane as he needs their support to help him to prepare for the horror that is about to happen - he is about to be crucified. When you find that life is difficult you do the same thing - you want the people that you love the most to be with you.



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In the name of the Father and  
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Spirit. Amen



St. Bede's Catholic School &  
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Thursday 22<sup>nd</sup> February 2024

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Reading: A reading from James 1:13

Let no one say when he is tempted, "The temptation comes from God"; for God cannot be tempted by evil, and he never tempts anyone.

The word of the Lord  
Thanks be to God

Reflection:

In the passage James is telling us that you should not blame others and rationalise to yourself that when you are being tempted someone else is forcing you. It is your own choice and you have to suffer the consequences of whatever that temptation was.



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Friday 23<sup>rd</sup> February 2024

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Let us begin our day together in the presence of the Lord.

In the name of the Father and of the Son and of the Holy Spirit. Amen



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This week you have listened to scripture readings which were all focused on the Word of God and the messages within that scripture.

For a moment, think about the phrase 'Here I am.' Do you have any idea now what you think God might want you to do with your life? Have you begun to answer his call?

Let us join together in prayer.

We pray that we might grow closer to you Lord, this Lent. May we do our best to spend more time with you in stillness, silence, and prayer; so we can feel your peace and love and share these gifts with others

Lord in your mercy

**Hear our prayer**

We pray for those who feel afraid. Protect them as you protected Jesus in the desert and send angels into their lives to help them find peace.

Lord in your mercy

**Hear our prayer**

We pray for all children: those who are poor, hungry, sad, or scared. May they find hope in your love and may we always be ready to help them.

Lord in your mercy

**Hear our prayer**



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# Closing prayer

We pray for each other, that we may each respond to the challenges that the time of Lent presents to us. Help us to be able to look at ourselves, and to recognise our failings, our inadequacies, and the need for your presence in our journey of life.

Amen

St Bede,  
Pray for us



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In the name of the Father and of  
the Son and of the Holy Spirit.  
Amen