



First Sunday of Lent

“At once the Spirit made Jesus go into the desert, where he stayed forty days... Wild animals were there also, but angels came and helped him.” Mark 1:12-13

Jesus is alone in the desert, but the angels came to help him. We all need people to help us sometimes. How can you help other people this Lent? Write or draw how you will help others in the space below.

Family Fast Day prayer

Loving God,
your Son, Jesus,
calmed the storm
that frightened the disciples.
You keep us safe too,
even when we are afraid.

Show us how to follow you, and help us
to be there for one another.
Teach us to share whatever we have fairly
so that we, and our whole global family,
may look to the future with hope.
Amen.