

## 1<sup>st</sup> Sunday of Lent

Why not a TV survival series produced depicting Jesus's experiences in the desert? It would be interesting and captivating. Imagine what a producer could create: for forty weeks with one thirty-minute episode per week. There could be a perilous encounter with Satan in each episode; complete with special effects.

To make it even more captivating Satan could be depicted as getting the upper hand for the first twenty-two minutes of each thirty-minute episode. Or, even better, Satan could be depicted as grinding down Jesus for the first thirty episodes before Jesus breaks even in episodes 31-35 and then gets the better of Satan in episodes 36-39 before completely demoralizing and soundly defeating him in the 40<sup>th</sup> episode finale.

What really happened between Jesus and Satan in those forty days in the desert? We don't know the details for each day but we know that Jesus did triumph over Satan.

We don't have the same advantages Jesus had in overcoming Satan's temptations. However, Jesus has provided us with templates to use in order to help us combat Satan's temptations to sin against God's commandments.

One template is the Sacred Scriptures: the Old and New Testament Books; including the Psalms. Another template is building up resistance to sinful inclinations through prayer and other forms of spiritual nourishment and enrichment.

Invite Jesus and the Holy Spirit to guide you and strengthen you throughout Lent. You may discover some temptation survival skills.