



## A Reflection for First Sunday of Lent Readings - 1 Peter 3. 18-22 & Mark 1. 9-15

*In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.'*

*And the Spirit immediately drove him out into the wilderness.*

Jesus, the one without wrong doing is baptised. Jesus identifies with humanity and the one without blame is baptised in the waters of repentance by John. As Jesus rose up out of the river a voice could be heard by all. 'Jesus, the Beloved; with you I am well pleased'. Could this be the son of Yahweh, God?

All present longed for the moment to last for ever. They wanted Jesus' attention but he quietly withdrew from the crowd. John was unable to persuade him to stay for a short time. As the noise of the crowds became a distant sound in Jesus' hearing, he stopped, drew his belt tightly around his waist, took a deep breath and set out into the wilderness.

Lent is traditionally a time for us to accept the invitation to consider our spiritual well being. To be open to spiritual discovery and exploration. It may not be comfortable or without its challenges. We are invited to observe a holy Lent by self examination and repentance, with prayer, fasting and self denial. To undertake this time with the reading and meditating on the scriptures.

We are invited to follow the example of Jesus and those who went out to John by the Jordan as we seek to engage with our spiritual well being.

*Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are,  
give us grace to discipline ourselves  
as we seek spiritual renewal  
and to grow closer in our relationship with you.  
Amen.*

Thank you for reading and keep safe.

The Reverend Nick Devenish

*Adrian's music choice for Lent One.  
Sonata 1 (2nd Movt.) - Mendelssohn. Antiphon - A. Self.*

*If you are able, join me for a service of holy communion from The Priory.  
Available from 10.30am. Please go to the Cartmel Priory Facebook or YouTube page.*

*Image - 'Baptism and Temptation of Christ' by Paolo Veronese*