

Young Apprentices

A RESOURCE FOR THE OCIA

CATECHUMENATE SESSION: FACING TEMPTATION

First Sunday of Lent • Year A • February 22, 2026

Loving God, as the forty days
of Lent begin,
help me to grow as your disciple.

Help me keep my Lenten promise
to spend more time
with you in prayer,
to do acts of love and kindness,
and to fast from things I like
so that I can give money and time
to those in need.

Amen.



Sunday Word

Genesis 2:7-9; 3:1-7

Psalms 51:3-4, 5-6, 12-13, 17

Romans 5:12-19 or 5:12, 17-19

Matthew 4:1-11

The above readings are available at
usccb.org/bible/readings.

To Help You Remember



1. Today is the first Sunday of Lent, a season of the Church year during which Catholics fast, pray, and give alms (do works of charity) in order to grow in holiness.
2. In today's First Reading, the first man and the first woman—Adam and Eve—were tempted by the serpent and did the one thing God had asked them not to do. In the Gospel, Jesus faced three temptations. He did not give in to the temptations.
3. The Second Reading reminds us that as great as our sins may be, the grace of God through the gift of Jesus is even greater.

Key Teachings



Temptation, Part I

When the first man and the first woman, Adam and Eve, gave in to temptation, they sinned. They broke their promise—their Covenant—with God. Even so, God continued to love them and kept his promise—his Covenant—with humankind.

Temptation, Part II

Led by the Spirit, Jesus went into the desert. Where Adam and Eve failed, Jesus succeeded. He did not give in to temptation. He responded to it by recalling God's word and, in doing so, gave us an example of how we too can resist the temptations we face.

Faith Word



temptation

A temptation is everything, either within us or outside us, that tries to keep us from doing something good and instead cause us to do or say something that we know is wrong. Temptations can be people, feelings, or things. Temptations move us away from living a holy life.

Original Sin

In today's First Reading (Genesis 2:7-9; 3:1-7), we learn that the first man and woman, named in the Bible as Adam and Eve, gave in to temptation and broke their promise—their Covenant—with God. We call this sin Original Sin. Through Original Sin, death, sin, and suffering entered the world. Through Baptism, Original Sin is forgiven, and we are reborn into new life in Christ.

With My Family



We Listen

The three readings for the first Sunday of Lent are about three big topics: creation, sin, and temptation. The First Reading from Genesis tells us how the first man and woman sinned. The Second Reading tells us how we inherit that sin but receive grace through Jesus Christ. The Gospel teaches us about temptation and how to resist those who tempt us.

We Believe

During Lent, the Church focuses on Baptism and repentance. The elect, those preparing for Baptism, complete their spiritual preparation for Baptism. Those already baptized remember the meaning of the promises made at their Baptism. Everyone thinks about Jesus' call to repentance and how we can draw closer to him.

We Live As Disciples

During Lent, we draw closer to Jesus through prayer, fasting, and doing good works (almsgiving). Find a purple marker or crayon and write down your forty-day Lenten plan on the attached activity page. Keep this paper on the refrigerator or in a place where you will see it during Lent.

We Pray

On the first Sunday of Lent, the Church throughout the world celebrates the Rite of Election. This ritual marks the beginning of the final period of preparation for those who will be baptized at the Easter Vigil. During the Rite of Election, the Church prays to God that those preparing for baptism "may draw joy from daily prayer" (*Order of Christian Initiation of Adults* 134B). Make an effort this week to find extra joy in your daily prayer.

My Lenten Plan

With your family, look over the “Purple Is for Lent, Too” handout. Talk about the many ideas given, and invite each family member to come up with his or her own personal plan for Lent. Or, you can make a family plan. Post your plans on the refrigerator or in a spot where family members will see them all through Lent.



How I/we will pray:

How I/we will fast:

How I/we will do works for others:
