

Young Apprentices

A RESOURCE FOR THE OCIA

CATECHUMENATE SESSION: THE RIGHT RESPONSE

First Sunday of Lent • Year C • March 9, 2025

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

Deuteronomy 26:4-10

Psalms 91:1-2, 10-11, 12-13, 14-15

Romans 10:8-13

Luke 4:1-13

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

To Help You Remember



1. Moses helped the Israelites recall all the ways the Lord heard and answered their cries, rescuing them and providing for their needs.
2. Today's Responsorial Psalm is a heartfelt cry to the Lord: "Be with me, Lord, when I am in trouble."
3. Jesus replies to each of the devil's three temptations with words from Scripture.

Key Teachings



Lent is the Church's sacred springtime. It is a season of spiritual rebirth and renewal.

Lent is the time when those preparing to join the Church in Baptism make their final preparation to receive new life in Christ. Those already baptized renew their Christian life during Lent through repentance.

Lent is a time for us to strengthen our decision to be faithful to God, his Commandments, and the teachings of the Church.

Faith Word



temptation

Temptation is everything, either within us or outside us, that tries to move us from doing something good that we know we can and should do, and to do or say something we know is contrary to the will of God.

Lenten Disciplines



Disciplines are things that provide training. The Church's Lenten disciplines of prayer, fasting, and almsgiving help to spiritually train us to live as disciples of Jesus by honoring God's Commandments and by living God's Law of Love.

With My Family



We Listen

The First Reading is like a creed (statement of belief) for the Jewish people. It summarizes the most important things the Hebrew people believe that God has done for them: God brought them out of slavery in Egypt and gave them the Promised Land. The Second Reading summarizes Christian faith: if we believe in Jesus, we will be saved.

We Believe

Lent is a time for us to grow closer to Jesus. Lent is like a forty-day retreat. During this retreat time, you might say that we go with Jesus into the desert. We follow the example he gave us in the desert by saying no to evil and yes to God.

We Live As Disciples

The words *disciple* and *discipline* are related. *Disciples* try to live the Christian life. Lenten *disciplines* provide training in Christian life. Look at the **Lenten Disciplines** box. Name the three disciplines. Choose one of them to be your priority this week.

We Pray

This Sunday the Church celebrates the Rite of Election. Those who will be baptized this Easter rejoice in their "election" by God. That may include you! Today, and each day this week, pray for the elect: *May those who celebrate election "share with others the joy they have found in their friendship with Jesus"* (OCIA 287).