

March 1, 2020 First Sunday of Lent
Not on bread alone is man to live!

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

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

Romans 5:12-19

Matthew 4:1-11

In the first reading God creates man by forming him out of the clay of the ground and giving him the breath of life. The serpent tempts the woman to eat of the forbidden fruit indicating she will become godlike. Both the man and woman partake and as their eyes are opened they become aware of their nakedness.

The Psalmist seeks mercy and cleansing. He acknowledges having done evil and realizes he has sinned against God so he pleads for a steadfast spirit to help him lead the kind of life that will keep him in God's presence. He pleads that he may experience the joy of salvation.

In the second reading Paul explains that sin and death came through one man and proliferated to all men. From Abraham to Moses there was no law written out for the people and yet disobedience led to condemnation and death. However, grace and life have come through Jesus and his gifts bring justice and acquittal to the obedient and faithful.

In the Gospel Jesus is led by the Spirit into the desert where he fasts for forty days and nights and is tempted by the devil. The devil asks Jesus to turn stones into bread, hurl himself off a high place and do homage for earthly rewards. Jesus responds that man does not live by bread alone, the Lord God shall not be put to the test, and homage is due to the Lord God alone.

The Father allowed the Son to be tempted
After being led into the desert by the Holy Spirit.

Temptation reveals itself as an internal struggle to every human being. We are reminded that Adam and Eve succumbed to temptation; that the Psalmist recognized his faults and sought cleansing and forgiveness.

Since Jesus possessed our human nature, he too experienced this challenge. The devil tempts Jesus in three ways: the **first** seeks Jesus to use his power to take care of his physical needs; the **second** pertains to attaining worldly acclaim by exercising his authority; the **third** concerns gaining political power by abusing his authority. Jesus does not succumb to any of these and refutes each by words of Scripture and elevates Moses' responses in the Old Testament to a new level (see below).

Moses fasted:

Meanwhile I stayed on the mountain forty days and forty nights without eating or drinking (Deut 9:9b)

Moses instructed:

He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does man live, but by every word that comes forth from the mouth of the LORD. (Deut 8:3)

"You shall not put the LORD, your God, to the test, as you did at Massah. (Deut 6:16)

The LORD, your God, shall you fear; him shall you serve, and by his name shall you swear. (Deut 6:13)

<https://melkaplace.com>

Temptations

Everyone is put to the test by being attracted and seduced by that person's own wrong desire,¹ and as long as we live in this world, we will experience temptations.

We must be quick to recognize temptations while *keeping sober and alert, because our enemy the devil is on the prowl like a roaring lion, looking for someone to devour.*² There are no persons so perfect and holy to be without temptations and even our Lord was *led into the desert for forty days being put to the test by the devil,*³ and *if you aspire to serve the Lord, prepare yourself for an ordeal.*⁴

Even so we may profit from temptations even though they can be troublesome and even difficult because they humble, cleanse, and instruct us in ways we might never have known. Paul told his listeners, *we must all experience many hardships before we enter the kingdom of God.*⁵ Jesus also told the disciples, *You are the men who have stood by me faithfully in my trials.*⁶ And then there are those that could not bear temptations, lost hope of salvation, and eventually drifted away.

There is no community, no church, no place so removed that it does not encounter temptations and hardships.

When one temptation leaves us another eventually comes bringing with it suffering and this occurs because we have lost our original state of innocence. To escape them without confrontation can only make matters worse as they need to be overcome with patience, prayer, and humility that make us stronger than the adversary who brings them. If one considers only the outward aspect of temptations without seeking and removing the root causes, they will become more intense when they return.

*“When an unclean spirit goes out of a person it roams through arid regions searching for rest but finds none. Then it says, ‘I will return to my home from which I came.’ But upon returning, it finds it empty, swept clean, and put in order. Then it goes and brings back with itself seven other spirits more evil than itself, and they move in and dwell there; and the last condition of that person is worse than the first.”*⁷

With prayerful patience we will be *fortified, in accordance with his glorious strength, with all power always to persevere and endure.*⁸ Seek counsel when needed and do not judge harshly those who confide in you of their temptations since you should treat them with the understanding you yourself desire.

Many evil temptations begin because of our lack of firmness in faith and trust in God. The careless man is like a ship without a rudder being driven back and forth by the waves and his temptations arise likewise. Temptations temper the just man as fire tempers iron into strong steel.

We need to be especially careful at the onset of temptations since the enemy will be overcome more easily at the start and not allowed to enter the mind and heart. Meet him at the door, at the time he seeks entry. The poet Ovid writes: *If moderate emotions touch your heart, then halt your feet, while you can, at the first threshold. Crush the evil germs of sudden illness while they're young, and prevent your horse's gallop at the start.*⁹ In the beginning of a temptation there is a simple thought expanded by imagination, followed by delight, and then consent. In this way the enemy slowly gains a foothold if not resisted at the start. The longer one takes in resisting, the weaker one becomes while the enemy becomes

¹ James 1:14

² 1Peter 5:8

³ Luke 4:2

⁴ Sirach 2:1

⁵ Acts 14:22

⁶ Luke 22:28

⁷ Matthew 12:43-45

⁸ Colossians 1:11

⁹ Ovid, *Remedia Amoris* i,91

stronger in persisting. This is why our Lord warns us: *I say this to you, if a man looks at a woman lustfully, he has already committed adultery with her in his heart.*¹⁰

Some people experience more difficult temptations at the beginning of their conversion, other at the end; and some are troubled consistently. St. Anthony of the desert was said to have intense struggles with his own inner demons and asked the Lord, "Where were you in all of this?" His answer was: *Behold, I am with you always.*¹¹

Temptations differ in degree according to God's wisdom which takes into account our conditions and circumstances, allowing all of his chosen to come to salvation. In difficult circumstances we should not despair but pray more fervently for God's help. *None of the trials which have come upon you is more than a human being can stand. You can trust that God will not let you be put to the test beyond your strength, but with any trial will also provide a way out by enabling you to put up with it.*¹² Let us *bow down, then, before the power of God, so that he may raise us up in due time*¹³, as he always does to the humble in spirit.

Progress in conquering temptation is an indication of our fervor; it brings greater merit and makes our virtue evident. When life is going smoothly it is easier to be devout and prayerful, but in times of adversity patient suffering leads to greater virtue. Some persons are spared from severe temptations but overcome in lesser ones that humble them and make them realize not to be overconfident in themselves as they realize their own frailty.

Keep in mind that *the suffering he himself passed through while being put to the test enables him to help others when they are being put to the test.*¹⁴

(The Dore Gallery)



This article on Temptation is based on Book 1, Chapter 13 of Thomas of Kempis' writing, "Imitation of Christ.")

<https://melkaplace.com>

¹⁰ Matthew 5:28

¹¹ Matthew 28:20

¹² 1Corinthians 10:13

¹³ 1Peter 5:6

¹⁴ Hebrews 2:18