

DAILY LENTEN REFLECTIONS

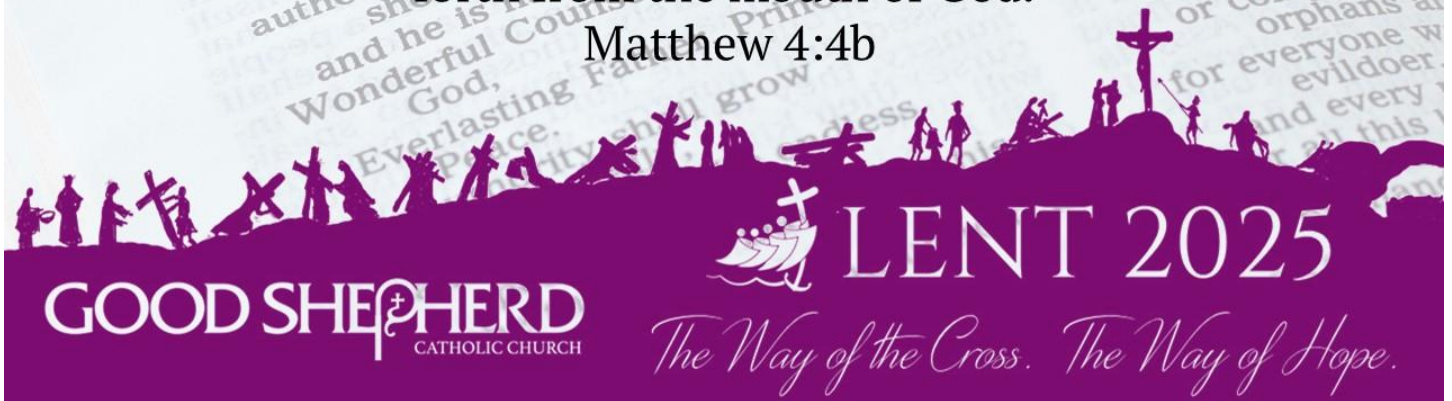
40 Days 40 Ways

READ REFLECT PRAY DO

MARCH 9, 2025
FIRST SUNDAY
OF LENT

One does not live on bread alone, but on every word that comes forth from the mouth of God.

Matthew 4:4b



Daily Lenten Reflection

March 9: First Sunday of Lent

READ

"One does not live on bread alone, but on every word that comes forth from the mouth of God" (Mt. 4:4b).

REFLECT

Jesus fasted and prayed at the beginning of his public ministry, and he continued to pray throughout the whole of his public ministry. Jesus did this to show us how important it is for us to pray, especially when we begin new stages of our life, and before we make big decisions.

PRAY

Jesus, I desire this Lent to keep you company in your suffering. Help me to love you better by living your self-sacrifice in my own relationships. Amen.

DO

Pray at least a decade of the Rosary.