



## 1st SUNDAY OF LENT – 18th of FEBRUARY - Cycle B



**PUT YOURSELF IN FLIGHT MODE IN PLANE MODE –  
Disconnect to connect**



### **SETTING**

“Convert and believe in the Gospel.” We have heard it many times. What do you say to me today? What do I have to convert from? And believe in the Gospel?

The Gospel is the word of God that lowers itself to life, it is an option, it is a way of understanding life, of reading and interpreting the signs of the times in the light, of that God who speaks to us in the small details, in very simple people, in those who are marginalized for different reasons. What gospel do I follow?

Disconnect from the noise and go inside yourself. Love, who you are, love life, loves your neighbour. Walk towards Easter.

## SONG. WE RISE AGAIN WITH ASHES: SUNDAY 7 CHOIR

<https://www.youtube.com/watch?v=pJvOeipJltA>

### GOSPEL. Mark 1, 12-15

«After this, the Spirit led Jesus into the desert. He stayed there for forty days, living among wild animals and being tested by Satan; and the angels served him. After John was put in prison, Jesus went to Galilee to announce the good news from God. It said: «The appointed period has already been fulfilled, and the kingdom of God is at hand. Turn to God and accept his good news with faith.

#### **To deepen the Word** (*Marie-Noëlle THABUT*)

After the Flood, the renewal of Creation is accompanied by a promise of the Covenant on God's part: in the text we read today, the word "Covenant" is found five times: "I establish my Covenant with you," says God; a promise that appears only in the Bible: a true pact between God and men, a project of God's benevolence on humanity: here is an idea that man has never found, alone, biblical Revelation has been necessary.

The message of Psalm 24(25) is given to us in three themes. 1st: The God, who saves, considering that the verb "save", in the Old Testament, is synonymous with "liberate". 2nd: The law is a gift from God; it is the consequence of the discovery that God liberates us; The Law is given, in the Old Testament, to teach the people to live free and to be liberating. 3rd: The theme of faith for the people of God: God is Love and is nothing other than Gift and Forgiveness.

In the 1st letter of Peter, our text today begins with these words: "For Christ died for our sins once for all..." Let's translate: Your hope rests on the death and resurrection of Christ, this Easter event that should give us all the courage.

Each year, on the first Sunday of Lent, we read the account of the temptations presented by the three synoptic evangelists. This year, we read them in Saint Mark, that is, in the most discreet version: «Jesus had just been baptized, and, immediately, the Spirit pushed him into the desert. And he was in the desert for forty days, tempted by Satan...»

The episode that suddenly comes to mind, because it is typical, is the one that happened near Caesarea Philippi: “Jesus went there with his disciples towards the neighbouring towns of Caesarea Philippi. On the way, he asked them: “Who do people say I am? They called him Juan Bautista; for others, Eli; for others, one of the prophets. Jesus asked them: And you, who do you, say I am? Peter, taking the floor, answered him: You are the Christ. And he sternly ordered them not to speak of this to anyone. (Mc 8, 27-30) This severity is certainly a sign of an internal combat. Quickly, Jesus draws the consequences for his interlocutors: «If anyone wants to come after me, let him renounce himself, take up his cross and follow me. That's right, whoever wants to save his life will lose it; But whoever loses his life, for my sake and for the Gospel, will save it” (Mk 8:34-35).

### **Tips for prayer**

- After John was put in prison, Jesus went to Galilee to announce the Good News” What does this fact tell you about?
  - What “salvation - liberation” does Jesus come to propose to you?
  - What challenge do you set for yourself during this time of Lent? What path are you going to take?



### **AMBIENTAL MMUSIC. ESTA – JERRY PALMER**

[https://youtu.be/uCMbHSvN3II?si=eDFvmalciwr9p\\_Wm](https://youtu.be/uCMbHSvN3II?si=eDFvmalciwr9p_Wm)

### **MÚSICA PARA ORAR Y MEDITAR EN LA CUARESMA - JÉSED**

<https://youtu.be/AxYoL03H5BU?si=mydhvo0T12AVQ8kL>

### **PIANO PARA CUARESMA - TOBÍAS BUTELER**

<https://youtu.be/AOcnDoi555o?si=5jvUSLsq8uDmqkag>

## IN PLANE MODE

Disconnect to connect.  
Take time,  
dedicate time,  
spend time on them.  
Think about yourself,  
open your door.  
Give them room  
to your dreams,  
to your feelings,  
to your words and  
to your gestures.  
It's the metaphor  
of the here and now.  
let it emerge  
your depth,  
your selfhood  
Make your interior  
the warm home that  
prepare the arrival  
of the one who does  
I'm walking towards you.  
express  
what you feel.  
Look for him to listen to you

and confront him,  
whatever you need  
share.  
Enjoy on the road  
that opens in this  
Lent time,  
path of transformation,  
conversion path.  
And come out after you,  
make your way with life,  
Keep weaving hope,  
building peace,  
opening roads  
of possibility  
for all.  
Fix your gaze on Him.  
Stay tuned,  
empathetic,  
assertive  
Walk open,  
yourself,  
bye bye,  
in the life.

## SONG. I HAVE ROAMED, I HAVE GROPED IN THE NIGHT

<https://www.youtube.com/watch?v=659HNIJQagE>

**CONVIÉRTETE - Unai Quirós feat. Juan Susarte**

[https://youtu.be/-b5lw4gCiok?si=9S7j\\_iPYLgp8dY8A](https://youtu.be/-b5lw4gCiok?si=9S7j_iPYLgp8dY8A)

**CONVIÉRTETE, NICO MONTERO**

[https://youtu.be/\\_HnT49mCa7o?si=a1PdaiVwyr5comdl](https://youtu.be/_HnT49mCa7o?si=a1PdaiVwyr5comdl)



**Sisters of Charity of St. Anne.**

C/ Madre Ràfols, 13 - 50.004 - ZARAGOZA (Spain)

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