

## Jerusalem Walk: River Jordan to Judea's Wilderness and Satan's Temptations (99 miles)



Read and meditate on Scripture, Matthew 4:1-11:

**Then Jesus was led by the spirit into the desert to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread. Jesus answered: "It is written, 'Man does not live on bread alone, but on every word that comes from the mouth of God. Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in his hands, so that you will not strike your foot against a stone.'" (Psalm 91:11-12) Jesus answered him, "It is also written 'Do not put the Lord your God to the test.' " (Deuteronomy 6:16) Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor. "All this I will give you," he said, "if you will bow down and worship me." Jesus said to him: "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only.'" (Deuteronomy 6:13) Then the devil left him, and angels came and attended him."**

*Our Lenten Prayer: O God, in these times when self-indulgence and narcissism are encouraged by our whole culture, leading us spiritually astray, keep us mindful of the powerful example of Jesus who three times over resisted the temptations of the devil. Help us to cherish what is moral and spiritual over the lure of material gain, lest we become rich in things but poor in soul. Also, keep us from taking God for granted and worshiping anything or anyone else above or before him. Keep all our steps true to the loving, faithful spirit of God's son, Jesus Christ. Amen.*

### **St. Paul Lenten Faith & Fitness...**

**Suggested Activity:** Don't let the devil tempt you. Remembering the 99 miles Jesus walked to the Judean wilderness, skip that extra 99 calories from a second slice of breakfast toast with jelly. Reach for a piece of fruit instead. **Make a commitment to be more thoughtful, watchful, healthful about everything you eat. Your body is God's gift: honor his creation.**

**Some facts for the Road:** A medium-sized donut=240 calories/10 fat grams, requiring 67 minutes of walking to burn off, while a 1 oz. bag of potato chips=140 calories, requires 45 walking minutes to vanquish! How does your favorite snack add up?