

# Daily Prayer

First Sunday of Lent Year B  
*The Year of Mark; Year of Prayer 2024*



**Readings:** Genesis 9: 8–15; Psalm 24: 4–9; 1 Peter 3: 18–22; Mark 1: 12–15.

## Year of Prayer 2024

Pope Francis proposed that 2024 be marked as a year dedicated to prayer in preparation for the Jubilee 2025. The Melbourne Archdiocese Catholic Schools (MACS) Daily Prayer resources will support both individual and community prayer in the Year of Prayer 2024. In addition, the Dicastery for Evangelization will publish a series of [prayer notebooks](#), with material taken from the many forms of prayer to be found in the rich Catholic tradition.

## Preparations for Daily Prayer

The following daily prayers can be used in their entirety or adapted to meet the needs of the audience. The prayers draw on the Sunday readings, so you may use any of the prayers on any day, although special focus will be given to Feast days, Solemnities and days of cultural significance. Feel free to adapt the prayers for special occasions or specific intentions of your own class and school.

The prayers will introduce students to traditional prayer and liturgical practices and responses, as well as a variety of Christian spiritual experiences. Take the opportunity to create a **sacred space** for prayer as you might do in creating a protected garden. This may include a prayer cloth or placemat, a bible, a candle and flowers.

## Readings this Week

This week, God's promise to Noah is the focus of the First Reading and we are comforted in the knowledge that we can always trust God to keep that promise. But a covenant is between two people, and we are reminded in the psalm that we must live in love and truth to keep our part of the promise. In this way, we build the Kingdom of God, which is referred to in the Gospel. Lent is a good time to reflect on how we live our lives – keeping the promise or breaking it?

## Overview of the Week

Day and Liturgical Colour	Daily Prayer	Links to Liturgy, Traditional Prayers and Forms of Prayer
Monday – Purple	<i>Jesus went into the desert for 40 days where he was tempted by the devil.</i>	Praying with the Gospel Reflection Time
Tuesday – Purple	<i>I set my [rain]bow in the clouds as a sign of my covenant with all living things.</i>	Praying with the First Reading Written Reflection Lenten Prayer
Wednesday – Purple	<i>Turn away from your sins and believe the Good News.</i>	Praying with the Gospel Reflection using Artwork Prayers of the Faithful
Thursday – White <i>The Chair of Saint Peter</i>	<i>Your ways, O Lord, are love and truth to those who keep your covenant.</i>	Praying with the Responsorial Psalm Meditative Reflection
Friday – Purple	<i>Project Compassion focuses on the theme: 'For all future generations'.</i>	Project Compassion: <a href="#">Responding to the story of Ronita from the Philippines</a> Sign of Peace



Note that scripture quotations are from the Lectionary (*Jerusalem Bible*) or NRSV.

### **Suggested Teacher Background for the Readings**

- Liturgy Help: [Commentaries and Homilies & Reflections](#)
- Loyola Press: [Sunday Connection](#)
- The Emmaus Series: [Sunday Reflections](#)
- Caritas Australia: [Project Compassion](#).



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**Readings:** Genesis 9: 8–15; Psalm 24: 4–9; 1 Peter 3: 18–22; Mark 1: 12–15.

## Today's Daily Prayer – Jesus went into the desert for 40 days where he was tested

Today, we will focus on the Gospel. **Preparation:** It would be appropriate to have a purple candle and cloth during the season of Lent. Choose readers and someone to light the candle.

## Monday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*Light candle and pause.*

### Prayer for Openness

**Leader:** As we light this candle, let us pray:

Open our minds to know, think and understand.

**All:** Open our minds, Lord.

**Leader:** Open our hearts to love, appreciate and welcome.

**All:** Open our hearts, Lord.

**Leader:** Open our hands to serve, create and lead.

**All:** Open our hands, Lord.

**Leader:** We make this prayer in the name of Jesus, our friend and teacher.

**All:** Amen.

### Background to the Gospel

*In Mark's Gospel, the story of the temptation of Christ is very brief, and the writer does not go into as much detail as we would find in the gospels of Matthew and Luke. Forty is a significant number in Scripture, and usually means a necessary and not-so-comfortable prelude for something new. In Judaism, the desert was not a place of escape but a place of discovery, a place to find yourself before God. In the Book of Exodus, the Jewish people wander in the desert and eventually find out who they are – the people of God. After Jesus spends time in the desert being tested and challenged, he returns ready and willing to take up his ministry and proclaim the Kingdom of God.*



## Listen

*If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.*

**Reader:** A reading from the holy Gospel according to Mark.

The Spirit drove Jesus out into the desert,  
and he remained in the desert for forty days,  
tempted by Satan.

He was among wild beasts,  
and the angels ministered to him.

After John had been arrested,

Jesus came to Galilee proclaiming the gospel of God:

‘This is the time of fulfilment.

The kingdom of God is at hand.

Repent, and believe in the gospel.’

*(Pause)*

The Gospel of the Lord.

**All:** **Praise to you, Lord Jesus Christ.**

## Respond

**Leader:** Jesus was not only tempted by the devil in the desert; throughout his ministry, he was constantly tempted to compromise his mission. In our world today, we can also be tempted to be distracted by the messages we receive to have more, to want power, to be noticed. Lent is a great time to reflect on our lives and think about which one of these is a distraction that keeps us from building God’s kingdom:

- an attachment to possessions – how much time do we give to thinking about what we have and how we can buy more?
- a love of power – how often do we engage in wanting to control others and manipulating them for our own gain?
- a desire for recognition – how much time do we spend on social media wanting to be noticed and looking for attention?

*Time of reflective silence ...*

## Go Forth

**Leader:** Give us, Lord, hearts filled with compassion.

**All:** **Amen.**

**Leader:** May we act with justice and peace.

**All:** **Amen.**

**Leader:** Lead us to be of service to others.

**All:** **Amen.**

*Extinguish candle and pause.*



**Leader:** May God continue to lead us.

**All:** Inspired to live faithfully in the light of Christ.

**In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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**Readings:** Genesis 9: 8–15; Psalm 24: 4–9; 1 Peter 3: 18–22; Mark 1: 12–15.

## Today's Daily Prayer – God's covenant with Noah

Today, we will pray with the First Reading. **Preparation:** It would be appropriate to have a purple candle and cloth during the season of Lent. Choose readers and someone to light the candle.

## Tuesday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

*Light candle and pause.*

**Leader:** As we gather together to pray, we do so with humble hearts knowing that God's love for us is deep and everlasting.

**All:** Amen.

### Background to the First Reading

*The story of Noah's ark is one of the most widely known from the Hebrew Scriptures. It has captured the minds and hearts of many people, and opens up many questions and discussions about whether this event ever took place. Many scholars believe that the flood took place only in the local known area, which was the whole world, and this seems to be supported by stories from other ancient people about a great flood. The question for Christians who are reading this story to ask is not 'Is this true?', but 'What does this story tell us about God and his relationship with his people?' The First Reading tells about God's promise to his people. God's promise is one that we can depend on, one we can trust and believe. The rainbow is a sign of this promise, always reminding us that God is faithful to his people.*

### Listen

*If possible, the scripture passage is to be read from a lectionary or a bible, which could be put in an honoured place. Readers are to read slowly and clearly when proclaiming the Word of God, and treat the text with reverence.*

### First Reading

**Leader:** Let us listen attentively to the First Reading.

**Reader:** A reading from the book of Genesis.

God said to Noah and to his sons with him:

'This is the sign that I am giving for all ages to come,



of the covenant between me and you  
and every living creature with you:  
I set my bow in the clouds to serve as a sign  
of the covenant between me and the earth.  
When I bring clouds over the earth,  
and the bow appears in the clouds,  
I will recall the covenant I have made  
between me and you and all living beings.'

*(Pause)*

The Word of the Lord.

**All: Thanks be to God.**

## Respond

### Reflection through Writing

**Leader:** Let us reflect on this time of Lent which we are now beginning and ask ourselves, 'How different will I be at the end of it?' Lent is an opportunity to change the way we live for the better – for ourselves and how we live in right relationships with others. Perhaps we can use this acrostic as a guide (or write one for yourself):

Live each day fully by being present to each moment.

Encourage and affirm the efforts and talents of others.

Notice the presence of God in the natural world and in others around you.

Talk to God every day in order to build a closer relationship.

*Time for quiet reflection or writing of your own acrostic ...*

## Go Forth

**Leader:** As we go forth, let us pray this Lenten prayer together.

**All: Gracious and loving God,**

**As we begin our Lenten season,**

**may we strive to be the hands and feet of Christ in the world.**

**May we see with his eyes those who are rejected and abandoned,  
and act with love and acceptance.**

**May we hear with his ears the cries of those who are in pain and sorrow,  
and listen with compassion and understanding.**

**May we love with his heart those who are different and challenging,  
and show to them the face of Christ.**

**May we be inspired to live faithfully in the light of Christ. Amen.**

*Extinguish candle and pause.*

**All: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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**Readings:** Genesis 9: 8–15; Psalm 24: 4–9; 1 Peter 3: 18–22; Mark 1: 12–15.

## Today's Daily Prayer – Turn away from your sins and believe the Good News

Today, we focus on the Gospel. **Preparation:** It would be appropriate to have a purple candle and cloth during the season of Lent. Choose readers and someone to light the candle.

## Wednesday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Leader:** Loving God, who is full of mercy and kindness, be with us in a special way as we begin our Lenten journey. May we become a people of love and forgiveness reaching out to others with compassion and understanding.

**All:** **Amen.**

*Light candle and pause.*

### Listen

#### The Word in Image

*During Lent, we will take the opportunity to reflect and pray with images that relate to the scripture readings for each week. Today, you may wish to download a large copy of the image and use the audio of the Arts & Faith resource.*

**Leader:** Today, let us reflect on the mosaic titled *The Temptation of Christ*, which is in the Basilica di San Marco in Venice. Loyola Press has created an audio reflection on this image as part of the Arts & Faith series. Let us view this image and reflect on its significance.

Arts & Faith: First Sunday of Lent, Cycle B,  
[‘The Temptation of Christ’](#) (audio).

*Time for silent reflection ...*



*The Temptation of Christ*, Basilica di San Marco, Venice.  
See [Wikimedia Commons](#) for more information and to download a larger image.





## Respond

### Prayers of the Faithful

**Leader:** Let us pray for our own needs and the needs of others.

**Reader:** We pray that we learn to value people more than possessions.  
*(Pause)* Lord, hear us.

**All:** **Lord, hear our prayer.**

**Reader:** We pray for the generosity of heart we need to recognise the gifts and talents of others.  
*(Pause)* Lord, hear us.

**All:** **Lord, hear our prayer.**

**Reader:** We pray for the humility we need to be grateful for the blessings you bestow on us.  
*(Pause)* Lord, hear us.

**All:** **Lord, hear our prayer.**

**Reader:** We pray that we are filled with the Spirit, so that your Word is always on our lips and in our hearts.  
*(Pause)* Lord, hear us.

**All:** **Lord, hear our prayer.**

**Reader:** We pray for any special intentions in the silence of our hearts.  
*(Pause)* Lord, hear us.

**All:** **Lord, hear our prayer.**

**Leader:** We ask these prayers through Jesus, your Son, our Lord.

**All:** **Amen.**

## Go Forth

**Leader:** Loving God, help us to remember your promise to be with us always, to guide us in our lives and bring us closer to you.

**All:** **In this special time of Lent, strengthen us in times of trial and help us to trust in you with all our hearts, so that we may continually rejoice in your blessings. We ask this in the name of Jesus, your Son, who is your promise of new life for us. Amen.**

**May we be inspired to live faithfully in the light of Christ.**

*Extinguish candle and pause.*

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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**Readings:** Genesis 9: 8–15; Psalm 24: 4–9; 1 Peter 3: 18–22; Mark 1: 12–15.

## Today's Daily Prayer – Your ways, O Lord, are love and truth

Today's prayer will focus on the Responsorial Psalm. **Preparation:** It would be appropriate to have a purple candle and cloth during the season of Lent. Choose readers and someone to light the candle.

## Thursday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of their breath. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Leader:** As we begin the season of Lent, we are called to renew our hearts and change our lives.

*Light candle and pause.*

### Background to the Responsorial Psalm

*This psalm is a prayer about building a consistent relationship with God. Yes, it is important to turn to God, especially when times are tough, but it is much more important to have a rich and loving relationship with God all the time. The psalmist entreats God to show him how to live a just and righteous life every day, and to teach him to be honest and truthful. In his prayer, he praises God as the one who shows him love and compassion, and the way of love and faithfulness.*

### Listen

**Leader:** Let us pray together the Responsorial Psalm.

**Reader:** Your ways, O Lord, are love and truth to those who keep your covenant.

**All:** **Your ways, O Lord, are love and truth to those who keep your covenant.**

**Reader:** Your ways, O Lord, make known to me;

teach me your paths,

Guide me in your truth and teach me,

for you are God my saviour.

**All:** **Your ways, O Lord, are love and truth to those who keep your covenant.**



**Reader:** Remember that your compassion, O Lord,  
and your love are from of old.  
In your kindness remember me,  
because of your goodness, O Lord.

**All:** **Your ways, O Lord, are love and truth to those who keep your covenant.**

**Reader:** Good and upright is the Lord,  
thus he shows sinners the way.  
He guides the humble to justice,  
and he teaches the humble his way.

**All:** **Your ways, O Lord, are love and truth to those who keep your covenant.**

## Respond

### Reflection

**Leader:** Let us pause, and reflect and pray on the words of this psalm.

*(Pause)*

Your ways, O Lord, make known to me; teach me your paths. *(Pause for reflection)*

Your ways, O Lord, make known to me; teach me your paths. *(Pause for reflection)*

Your ways, O Lord, make known to me; teach me your paths. *(Pause for reflection)*

## Go Forth

**Leader:** Let us finish today by praying together:

**All:** **Enlighten our minds, O Lord, so that we may see what needs to be done to build your kingdom here on earth. Give us the strength to keep our minds and hearts focused on you, so that we may not be distracted from your path. We ask this in Jesus' name. Amen.**

**May we be inspired to live faithfully in the light of Christ.**

*Extinguish candle and pause.*

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**



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**Readings:** Genesis 9: 8–15; Psalm 24: 4–9; 1 Peter 3: 18–22; Mark 1: 12–15.

## Today's Daily Prayer – Project Compassion 'For all future generations'

Today's prayer focuses on the story of Ronita from the Philippines, who is being supported by the work of Caritas Australia in this year's Project Compassion. **Preparation:** It would be appropriate to have a purple candle and cloth during the season of Lent. Choose readers and someone to light the candle.

## Friday

### Gather

*Remind those present to turn phones to silent, close computer screens, sit quietly and prepare for prayer by becoming aware of God present in the Word, in each other and in ourselves. Take a few slow, deep breaths to help us attend to this moment. There may be special occasions or specific intentions that those gathered want to include in today's prayer. Sound a singing bowl, a bell or a chime to begin.*

### Sign of the Cross

**Leader:** As we gather together in God's presence, let us make the Sign of the Cross reverently and mindfully.

**All:** **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**

**Leader:** As we light this candle, may we work with justice and compassion to support those people in the world who need so much. May our hearts be open.

**All:** **Amen.**

*Light candle and pause.*

### Listen

#### Project Compassion – the story of Ronita from the Philippines

*Each week of Lent, Project Compassion shares the story of a community through the eyes of an individual who is being supported by Caritas Australia. This is in the 'Listen' section because it is the Word of God in action. Project Compassion [resources for teachers](#) are available on the Caritas Australia website.*

**Leader:** Let us watch and listen to the story of [Ronita from the Philippines](#).

*Pause for silent reflection ...*

### Respond

#### Responding to Ronita's story

*In this time, participants are invited to share their impressions from the story of Ronita.*



**Leader:** In pairs or small groups, let us share our thoughts about the story of Ronita. These questions may be used as a guide:

- What do you recall from Ronita's story?
- What are the similarities between your life and hers?
- What are the challenges that she faces?
- How can we, the members of this community, help to transform the lives of others?

*(Allow some time for sharing)*

What were some of the things that came up in our conversations? What connections did we make and what responses/actions would we like to take?

*(Allow some time to invite feedback)*

Let us take these impulses of the Holy Spirit of God with us into our day.

## Go Forth

### Sign of Peace

**Leader:** As we come to the end of the week, let us offer each other a sign of peace.

*(Sign of peace)*

Let us go forth from here, knowing that together we can help to bring about a just future for others by being compassionate and caring people.

**All:** Lord, inspire us to live faithfully in the light of Christ.

*Extinguish candle and pause.*

**All:** In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

