

COME INTO THE WORD

with Sarah Christmeyer

II. KNOW THE LORD: DRINK DEEPLY OF HIS WORD

Jesus' Temptation in the Wilderness (Matthew 4:1–11); Psalm 1

“Man shall not live by bread alone, but by every word that proceeds from the mouth of God” (Matthew 4:4)

“He is like a tree planted by streams of water, that yields its fruit in its season” (Psalm 1:2–3)

Reflect on the Talk

1. Jesus countered Satan's temptation by quoting Israel's lesson from the wilderness (Dt 8:3, Mt 4:4): “Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” What does it mean to live by God's word? Use the analogy of eating bread to explain.
2. What can you do to more intentionally “eat” God's word and thus avoid falling into temptation?
3. When have you been tempted to listen to someone else's word instead of to God's? What is one thing you can do this week to strengthen your defense against the devil's lies?
4. Psalm 1 describes two “ways” or directions one can go. What does it say are the habits and characteristics of the way leading to life ... and those that work against it? Where are you on the path?

Pray with the Word (lectio divina)

Continue praying with Psalm 1 using this guide, or reflect prayerfully on Jesus's temptation in the wilderness (Matthew 4:1–11):

PRAY + *Come Holy Spirit, speak to me as I read your Word.*

(continued)



READ

Read Psalm 1 several times. What word or words stand out to you? Write them here and pause a moment with them. Receive them in your heart, listening closely for the prompting of the Holy Spirit.

REFLECT

Take a closer look at the psalm. Notice the progression of verbs. Recall what Sarah said it means to “meditate.” Using imagery from nature, what does the psalm mean? Consider it in light of Jesus’s experience in the desert. What do you hear the Lord saying to you?

RESPOND

As you continue your meditation, allow it to become a conversation between you and the Lord. You may find your voice in the words of the psalm itself – if so, pray it with intention. Or if he speaks to your heart, answer. Talk to the Lord about what you hear.

REST + Remain quiet for a moment in his loving embrace.

PRAY

+ Lord, inspire me to read your Scriptures and to meditate upon them day and night. I beg you to give me real understanding of what I read, that I in turn may put its precepts into practice. Yet I know that understanding and good intentions are worthless, unless rooted in your graceful love. So, I ask that the words of Scripture may also be not just signs on a page, but channels of grace into my heart. Amen. (Origen of Alexandria)

Put Word into Action – *“Blessed are those who hear the word of God and observe it.” (Lk 11:28)*

- This week, consider taking advantage of the Sacrament of Reconciliation, bringing to the Lord times you failed to listen to him or followed someone else’s word instead.
- For a way to more deeply meditate on the readings throughout the week either leading up to or following Sunday, download [40 Days in the Word: Pondering the Scriptures for Lent & Easter – Yr A](#).
- You might also like [“10 Ways to Keep the Word in Your Heart”](#).

God bless you as you read his Word!

