



My Reflection for the First Sunday of Lent 2025.

Deuteronomy 26: 4-10, Romans 10: 8-13, Luke 4: 1-13.

Victory over Temptations.

My dear friends in Christ, the three temptations of Jesus in the desert by the devil reminds us that no one is above being tempted. We cannot overcome temptations in our lives unless we are deeply rooted in God.

Always conscious of our identity, our mission and our priorities in life. This is one sure lesson to learn from the example of Jesus, who considered the will of God as the basic principle of his life and unlike Adam and Eve, would not succumb to the

manipulation of the devil.

There is no better antidote to the deceptions of the evil one than a life of unbroken communion with God. By staying close to God through prayer, we too, like Jesus, will always be vigilant. If we hold fast to what God requires of us, we will find the inspiration, discernment and strength to recognize and overcome the deceptions of the evil one.

As we journey with Jesus, let our Lenten observances serve as opportunities to renew our resolve to say yes to God and no to the devil in every situation of temptation.

Fr. Elias Udeh