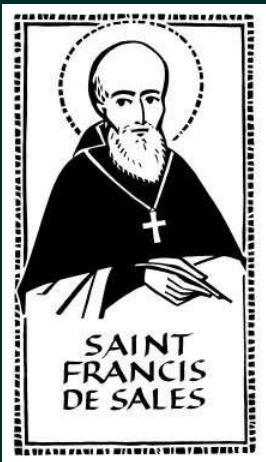


Father Danny Murphy is a retired Pastor from Brooklyn NY. A gifted man with a God given talent to inspire and God's gift to us at Holy Cross Church in Vero Beach Florida. This is just one of his inspirational homilies.

Danny Murphy – First Sunday of Lent – 2019

This afternoon, you and I will reflect together upon our Gospel. Before we do, allow me to



share with you, this quotation from St. Francis de Sales. It might set the tone for Lent for all of us, this year. St. Francis de Sales: "Never be in a hurry. Do everything in a calm spirit. Do not lose your inner peace for any reason, whatsoever, even if your whole world seems to be crumbling."

If I can do that this Lent, then I will have a good Lent. And if I can do

that for Lent, maybe I can do that for life. Ok, now, let's take a look at our Gospel: The story of Jesus being tempted. Jesus was tempted, but he did not sin. Temptation and sin are not the same. For temptation to become sin, I must be fully awake, fully aware, fully free.

For temptation to become sin, I must consciously and deliberately say to God: "I don't want

you...I want this (whatever it might be)." Jesus is like us in everything except sin. So, perhaps, Jesus was tempted in other ways, not just the three we read about today, but perhaps he experienced other temptations during the course of his life. For example, do you think that Jesus was tempted to become discouraged? Yes, he had huge crowds following him, but most of the people following him didn't grasp his message – they just didn't get it! Even his apostles, so often seemed so clueless. That can be discouraging! Could we pause for a moment, please, to that each of us could ask our self – what are the temptations that I encounter in life – what is my biggest temptation? (PAUSE) Jesus was able to resist the three temptations that we read about in our Gospel today and any other temptation that he encountered during his lifetime, because Jesus knew that his Father was always with him. He knew that his Father always loved him and that his Father was all that he needed. The same is true for each of us, as well. God is always with me. God always loves me and God is all that I need no matter what the temptations are offering me. The more we become convinced of God's tender love, the easier it will become to resist temptation. And when I don't resist, when I do succumb, I will allow God to forgive me. You and I are going to be tempted throughout our lives, but we can resist our temptations the same way that Jesus resisted his, by knowing that God is all that I really need.