



Sunday 22 February 2026
1st Sunday of Lent
Matthew 4:1-11

In the
GOSPEL TODAY

LISTEN TO GOD!

This is a picture
of ME!

Jesus goes into the wilderness to think and pray. He is tempted to be selfish but chooses to do what is right. Jesus says, listen only to God.

LISTEN TO GOD

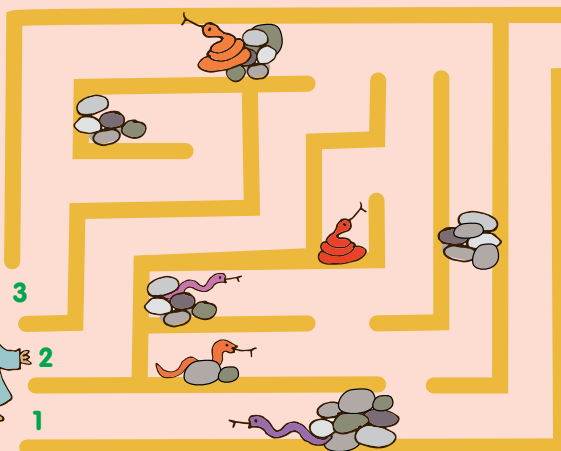
God tells us that God loves us in many ways; through our **parents**, our **priests**, our **teachers**, the **Bible** and in **birdsong**.

Can you fit all the words in bold into the grid?



Help Jesus

Help Jesus find the **way out** of the hot desert.



After **forty** days Jesus leaves the desert and starts to tell everyone the Good News about God's love.

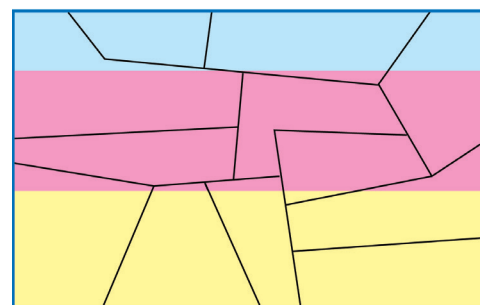
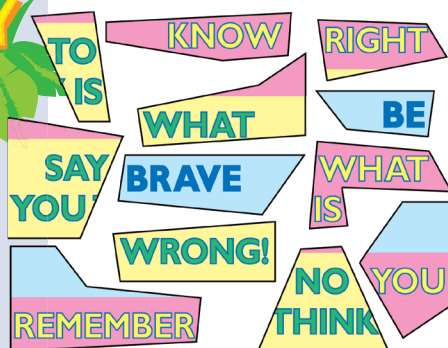
Draw a picture or cartoon of yourself doing something really good – perhaps something you've done at school or at home in the past week. Write it too if you like.

Puzzle

What should you do when you are tempted? The answer lies in this jigsaw! Each word is a different shape - match it to the blank shape in the jigsaw.

A PRAYER TO SAY

Loving Lord, help me to choose to do good things. Help me to listen you and to share your love with my family and friends. Amen.



Answers: Be brave - remember what you know is right; say no to what you think is wrong!