

## Chapter 9: Jesus Is Obedient and Conquers

*Through Baptism, we share in Jesus' victory over temptation, sin, and death.*

### Chapter Summary

After His baptism, Jesus fasted for forty days and forty nights in the desert. The Devil came to tempt Him. Christ resisted these temptations and was victorious over the Devil. Jesus' obedience and victory were prefigured in the Old Testament. Because of their disobedience to Him, God had the people of Israel wander in the desert for forty years. The Israelites then followed God and Joshua across the Jordan River into the Promised Land. Through His obedience to God in the desert, Jesus fulfilled the call to the Israelites to obey. We follow Christ through the waters of Baptism to victory over our enemies of sin and temptation and into eternal life. With Christ, we must live with the virtue of truthfulness and reject Satan, the Father of Lies. During the liturgical season of Lent, we can share in Christ's victory through fasting, prayer, and almsgiving.

### Overcoming Temptations as a Family

Through Baptism, Original Sin and all personal sins are cleansed and forgiven. However, Baptism does not prevent us from experiencing temptations to sin.

During the liturgical season of Lent, the Church joins in Jesus' battle against Satan and temptation in the wilderness. However, we must battle against these enemies all year-round.

Here are simple ways families can incorporate the Church's Lenten penances into everyday life beyond Lent to be victorious against temptation and sin:

#### Prayer

- Challenge one another to spend fifteen minutes a day in prayer (five minutes in vocal prayer and ten minutes in silent mental prayer).
- Have every member of the family write prayer intentions on a small piece of paper. Shuffle these intentions in a bowl. Have every member pull one piece of paper out of the bowl and spend the week praying for that intention.

#### Fasting

- Abstain from meat on Fridays outside of Lent.
- Designate periods of time to be technology free.
- Give up one dessert a week for the holiness of one family member. Rotate to a different person each week.



#### Almsgiving

- Parents, consider paying your children for certain chores so they can earn money to give to the parish or a charity.
- Children, offer to do yardwork or other work for neighbors to earn money to use for almsgiving.

**For more family faith formation resources, go to the parent portal.**