

1st Sunday in Lent Cycle B *A change of heart*

**Reading I**    **Genesis 9:8-15** (covenant with Noah)  
**Reading II**   **1 Peter 3:18-22** (the purpose of Christ's suffering)  
**Gospel**        **Mark 1:12-15** (Jesus' temptation; the call to conversion)



**Key Passage** For Christ also suffered for sins once and for all, the righteous for the unrighteous, in order to bring you to God. (1 Peter 3:18)

**Question of the Week:** When have you stepped away from your daily responsibilities to renew yourself in order to better follow in Jesus' footsteps?

**Living as a disciple:** Decide what good habit (virtue) you would especially like to work on this Lent in order to grow closer to God. Ask God to help you to begin this week to start practicing the virtue (good habit) you have chosen.

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