



SCRIPTURE of the DAY

Genesis 2: 7-9, 3: 1-7
Psalm 50: 3-6, 12-14, 17
Romans 5: 12-19
(or 12: 17-19)
Matthew 4: 1-11



✠
“Despise the
temptation and
embrace the
tribulation.
When the enemy
roars around you,
it shows that he is
not in you.”

St. Padre Pio

But that’s the supreme subtlety of the Devil. He has perfected the art of making sin not look like sin. The Devil’s first accomplishment is to convince you that he doesn’t exist. And then he proceeds to insinuate doubts to make you believe that conscience is a figment, that prayer is a projection, and finally that God is only a defence mechanism.

In contrast to what the Devil throw at us, our Lord Jesus provides us with the perfect defence against his attacks - faith and obedience to the authority of God. **Christ in embracing our humanity, allowed Himself to be tempted as we have been tempted** (Heb. 4:15). No other gospel story allows us to identify so closely with Him. He proves to us that if we remain steadfast to God’s purpose and will, His grace will have the last word, not sin.

But it is also helpful to know how the Devil works. The tempter offers up things that are eminently reasonable and seemingly rational. Sometimes evil is easily identified. But more often than not, evil presents itself in the guise of an apparent good. What is the common thread running through all temptations which we face? It is basically this: to treat God as less than God. And ultimately, when men cease to trust God and worship Him, they end up worshipping themselves or the devil. We are constantly being tested to trust God and instead trust in our own strength.

But Jesus’s example shows us to always stay focus on God and not the world. We derive power not from autonomy but from faithful and humble obedience to God. Ultimately, the ultimate defence and cure to all forms of temptations is this, putting God first above all else.

This Lent let’s tussle against temptation by trusting in the one who was and is always faithful to us—Jesus Christ, the One who defeated the Devil at his own game. In the One, we are One! ✠

INTERNAL CIRCULATION ONLY
BUL 08/2026

Contributed by: Archdiocesan Office of Human Development (AOHD)
Published by: Archdiocesan Pastoral Institute (API) | Email: api@archkl.org

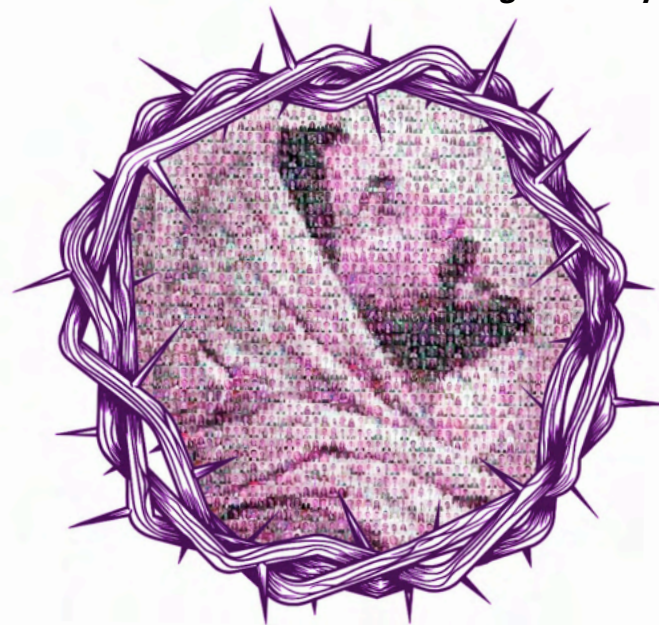
NEWBEC

NEW WAY OF BEING CHURCH | 1st Sunday Of Lent | 22 February 2026

WALKING TOGETHER TOWARDS A SYNODAL AND PROPHETIC CHURCH

A People for Missionary Discipleship

MONTHLY FOCUS: CHURCH: Fostering Inclusivity



“In the One, We Are One”

When it comes to the subject of temptation, we have many stories to share, don’t we? Everybody faces temptation. Some of it is pretty harmless (that extra slice of chocolate cake) and we can laugh about it. But some of it isn’t.