

Lenten Meditations Podcast Ep. 1 Transcript

Praying with Jesus and the Desert (with Gabby Bibeau and Bro. Tom Redmond, SM)

00:10 - Gabby Bibeau

Welcome to our Lenten Meditations. Similar to the Advent Meditations that we had this year, we will be releasing one Lenten Meditation every other week during Lent. Each episode will be related to some theme that we find in the Lenten season. For today's episode, our theme is *Prayer: Spending Time with Jesus and the Desert*. Let's begin.

00:54 - Bro. Tom Redmond, SM

A reading from the Holy Gospel according to Luke: “Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit into the desert, where for 40 days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, ‘If you are the son of God, command this stone to become a loaf of bread.’ Jesus answered him, ‘It is written, “one does not live by bread alone.”’

01:34 - Bro. Tom Redmond, SM

Then the devil showed him in an instant all the kingdoms of the world, and the devil said to him, ‘If you will worship me, this will all be yours.’ Jesus answered him, ‘It is written, “Worship the Lord your God and serve God alone.”’

01:55 - Bro. Tom Redmond, SM

Then the devil took him to Jerusalem and placed him on the pinnacle of the temple, saying to him, ‘If you are the Son of God, throw yourself down from here, for it is written, “he will command his angels to protect you and on their hands, they will bear you up so that you will not dash your foot against the stone.”’ But Jesus answered him, ‘It is said: “Do not put the Lord your God to the test.”’ When the devil had finished every test, he departed from Jesus.” The Gospel of the Lord.

02:58 - Gabby Bibeau

For Father Chaminade, Lent was an important time to grow closer to God in prayer, to strip away some of the extra distractions of our lives, and focus on God alone. In a way, Lent is a time to be with Jesus in the desert, spending time praying with him. Here's what Father Chaminade had to say about the topic of prayer. “Prayer is intimate. God communicates with us in prayer, in the depths of our souls, as God says to the faithful soul and the book of Hosea, ‘I will lead her into the desert, and there I will speak to her heart.’ In order then to speak to your hearts, God descends into your hearts. God is in us during prayer. It is in ourselves that we can adore God. No one can communicate with her dearest friend, nor any father, with his children more fully and more personally than our God does in prayer at any hour. At every moment in the midst of our

business, as in time of rest we can find God and converse with God. Understand, then, the excellence of prayer and taste its sweetness.”

04:37 - Gabby Bibeau

Take a few moments and ponder the following questions: How are you being called to draw closer to God in prayer this Lent?

[Soft music 04:49 - 05:51]

05:51 - Gabby Bibeau

What obstacles do you face to spending time with God and prayer? What distractions? What worries?

[Soft music 05:59 - 07:04]

07:04 Gabby Bibeau

Now spend the next few minutes imagining yourself with Jesus in the desert. Sit next to him and join with him as he prays. Hand over to Jesus whatever burdens you're carrying.

[Birdsong from 07:20 - 09:32]

09:32 - Gabby Bibeau

Let us pray: Good and Gracious God, Father, Son, and Spirit, you draw near to our hearts whenever we open ourselves to experiencing your overwhelming love. Help us to seek out times for silence this Lent so we may better hear your voice and discern your presence in the people and events in our lives. Amen.

10:09 - Gabby Bibeau

Come back in two weeks for our next Lenten podcast. In the meantime, we hope you have a Blessed Lent. Thank you for praying with us.