

**February 18, 2018**  
**“It’s Lent, But Do Not Be Afraid”**

**First Reading ~ *Mark 1:9-15***

It was then that Jesus came from Nazareth in Galilee and was baptized in the Jordan River by John. Immediately upon coming up out of the water, Jesus saw the heavens opening and the Spirit descending on him like a dove. Then a voice came from the heavens, "You are my Beloved, my Own. On you my favor rests."

Immediately the Spirit drove Jesus out into the wilderness, and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him.

After John’s arrest, Jesus appeared in Galilee proclaiming the Good News of God: "This is the time of fulfillment. The reign of God is at hand! Change your hearts and minds and believe this Good News!"

**Second Reading ~ *Matthew 4:1-11***

Then Jesus was led into the desert by the Spirit, to be tempted by the Devil. After fasting for forty days and forty nights, Jesus was hungry. Then the tempter approached and said, "If you are the Only Begotten, command these stones to turn into bread."

Jesus replied, "Scripture has it, ‘We live not on bread alone but on every utterance that comes from the mouth of God.’"

Next the Devil took Jesus to the Holy City, set him on the parapet of the Temple and said, "If you are the Only Begotten, throw yourself down. Scripture has it, ‘God will tell the angels to take care of you; with their hands they will support you that you may never stumble on a stone.’"

Jesus answered, "Scripture also says, ‘Do not put God to the test.’"

The Devil then took Jesus up a very high mountain and displayed all the dominions of the world in their magnificence, promising, "All these I will give you if you fall down and worship me."

At this, Jesus said to the devil, "Away with you Satan! Scripture says, ‘You will worship the Most High God; God alone will you adore.’" At that the Devil left, and angels came and attended Jesus.

**Third Reading ~ *from Tarthang Tulka in “Openness Mind”***

Fear is nothing but misapplied energy, a mental projection, an idea. When our body reacts to fear, our body itself is not afraid. The fear comes from the concepts and thoughts we have learned to associate with this reaction ... fear is only an association; fear does not exist until a feeling is labeled and objectified as such. When we let go of our concepts and expectations, there is nothing to be afraid of.