

Lent Reflection (09/03/25)

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Good day every one. My name is Zayn Zachary D'Souza and I'm currently pursuing my Masters of Computer Science at the University of Melbourne. I'd like to thank Constant for this opportunity to share my insights on today's Gospel during this time of Lent, and I hope that my reflection may help further deepen your faith and bring us all closer to God.

We all face temptations everyday. One more hour of sleep won't hurt, it's just more scoop of ice cream, maybe one more episode of this show I'm watching before I start working. The list can go on and on, we're human after all. We've heard multiple times that discipline and a strong mindset is how you beat temptations. Well there you go that's it for me, thanks for listening. No, but in all seriousness, while being disciplined and controlling yourself and your cravings is the short answer to combating temptations, incorporating God our father into this battle is far more important, and in today's Gospel, Jesus shows exactly how to do so.

The first temptation, plain and simple, if you really have the power, prove it, why are you making life difficult for yourself. Use that power and live a luxurious life, a lure to physical satisfaction.

The second time Satan tries a different approach, if your not willing to use your power for yourself, lend it to me, worship me, and I will give you even more than you have now. Here the focuses on the desire to obtain power.

Today however, I'd like to focus on the third temptation. This time Satan tries to use Jesus' source of reason against him. Look here, he says, You trust this God person so much, why not test him. It's written that God will protect you always and keep you safe after all.

I believe that the third type of temptation is the one we're most susceptible to. It becomes very easy for us to misinterpret what's required of us by God, and knowingly or unknowingly do what is convenient for us, instead of what is right. Don't get me wrong, physical satisfaction and the desire for power are equally hard to turn down, however, I believe it is when this third kind of temptation comes our way, when our source of reason is challenged, is when we are most vulnerable and really need to look deeper into ourselves while asking God for guidance. And as always God loves us, the answer is right there during these trials, we just need to look for it. This time of lent is just that, a time of preparation, a time to look deeper within ourselves, and ask ourselves, is this something God wants me to do? What would Jesus do in this situation?

