



A Mini Lenten Retreat • For Yourself or in a Group  
45 – 50 minutes

## Prepare to Enter the Desert

**Leader:** Lent stands as a sacred season in the Catholic tradition, a time for reflection, repentance, and spiritual renewal. For centuries, Lent has been an opportunity to follow in the footsteps of Jesus, journeying with Him into a spiritual "desert", a place of solitude, testing, prayer, and transformation.

"Follow Jesus into the Desert" invites you to intentionally step away from all distractions in your everyday life and enter more deeply into the mystery of Christ's forty days in the wilderness. Let this mini retreat be your impetus for grace, courage, and new beginnings.

**All:** Lord, help me to follow Jesus into the desert. I stand at the threshold of the desert, longing to draw closer to You. With humble heart, I ask for Your Spirit to lead me, just as it led Jesus, into the quiet wilderness where Your voice resounds.

Help me to lay aside every distraction, every comfort that hinders me from hearing Your call. Grant me courage to face my fears, honesty to confront my temptations, and trust to surrender all that weighs upon my soul. In the silence and stillness, teach me to listen, beyond the noise within and around me, so that I may receive the grace You offer.

When I grow weary or uncertain, remind me that I do not walk this desert alone. Your angels minister to me in unseen ways; Your love upholds me in moments of dryness. May I emerge from this sacred season renewed, transformed, and ready to embrace the mission You have prepared for me.

Lead me, Lord, into the desert with Jesus, so that, in leaving all behind, I may find everything in You. Amen.

## Why the Desert, of All Places?

**Reader 1:** The desert holds profound significance in Scripture and Catholic spirituality. It appears not as a place of barrenness, but as a space where God reveals Himself, shapes His people, and calls them to trust. From the Exodus journey of Israel, wandering for forty years, to Elijah's refuge beneath the broom tree, the desert is the stage for both struggle and encounter.

For Jesus, the desert was the crucible of preparation. After His baptism in the Jordan and before His public ministry, "the Spirit drove Him out into the desert" (Mark 1:12). There, He fasted for forty days and nights, facing hunger, temptation, and the whispering doubt of the enemy. Yet it is precisely in the desert that Jesus' identity is revealed as Son of God, and His mission is embraced with resolute trust in the Father.

**Reader 2:** To enter the desert is not to seek suffering for its own sake. It is, rather, to awaken to God's presence and voice, stripped of the comforts and distractions that so easily fill our lives. In the silence of the desert, we encounter our true selves—our fears, weaknesses, desires—and, most importantly, the God who calls us beloved.

Following Jesus into the desert means:

- Confronting our temptations honestly, as He did.
- Choosing simplicity and fasting to free our hearts for what truly matters.
- Listening in silence to the gentle voice of the Father, who reassures, corrects, and sends us forth.
- Trusting that, like Jesus, we are not alone. Remembering that angels minister to us, and grace is present even in dryness.

# Let's Journey Into the Desert

(At your table or as a group, go through each of the 7 steps.

Note that some steps are done in meditation.)

## 1. Entering the Desert: Preparation

Begin by setting aside a quiet space. Minimize distractions: silence all your devices. You may want to light a candle, set out a religious icon, such as a crucifix, and you'll need a Catholic Bible.

Ask the Holy Spirit to accompany you and offer this prayer: "Come, Holy Spirit, lead me into the desert with Jesus. Open my heart to listen, to change, and to trust. Amen."

## 2. Reading and Meditating on Scripture

Notice, journal and share:

- The heart of this retreat is contemplation of Jesus' time in the desert. Slowly read Matthew 4:1-11, Mark 1:12-13, or Luke 4:1-13. Notice, journal and share:
- What words or images stand out?
- How does Jesus respond to temptation?
- What do you sense the Spirit is inviting you to notice?
- Pause after reading. Let the silence speak. Record any insights in a journal.

## 3. Naming Your Deserts

Bring to mind the deserts in your own life: places of struggle, restlessness, or uncertainty.

- Quietly reflect upon where you feel spiritually dry, tempted, or alone?
- Name these honestly before God. Do not rush. You may wish to write them out as a prayer.
- Offer them up, trusting that your desert is not a punishment, but a place of encounter and transformation.

## 4. Embracing Silence

Set aside -5 minutes (or more, if possible) for meditative silence. This is not a time for striving or doing, but simple being. If distractions arise, gently let them pass, returning to the prayerful awareness that you are in God's presence.

You might use a short prayer or prayer, such as "Jesus, I trust in You," or "Speak, Lord, your servant is listening."

## 5. The Practice of Fasting

**Reflect, Pray and Share:**

People can fast from things other than food, such as social media, TV and such. If you are able, incorporate a fast during Lent. Let the hunger or longing that arises become a prayer, a bodily reminder of your spiritual hunger for God. Fasting in the desert is not about deprivation, but about making space for God's surprising provision.

- In what ways will you fast?
- While you are fasting, what are you going to do during that time?
- How clear are you, regarding your purpose for fasting?
- What makes you want to fast?
- What do you expect to learn?

## 6. Encountering Temptation and Grace

**Reflect, Question Yourself and Pray:**

- Reflect on the temptations Jesus faced: to turn stones to bread, to seek worldly power, to test God.
- Where are you tempted to rely on yourself, to seek control, or to lose faith?
- Say a prayer and ask the Lord for the grace to respond as He did: with humility, surrender, and the Word of God.

## 7. Receiving Strength for the Journey

End your time with prayers of thanksgiving and intercession. Ask for the strength to continue your Lenten journey, knowing that the desert leads not to despair, but to new life.

You might pray: “Lord Jesus, strengthen me in my weaknesses. Teach me to rely on Your Word and not my own power. May this desert become a place of encounter, healing, and new beginnings. Amen.”

## Emerging From the Desert

**Leader:** Lent is not meant to end in the desert, but in Resurrection. After forty days, Jesus left the wilderness in the power of the Spirit, ready to proclaim the Good News. So, too, are we sent forth—renewed, strengthened, and reminded that God draws us into the desert not to leave us there, but to bring us home changed and alive.

As you conclude this mini Lenten retreat, carry with you the lessons of the desert: deeper trust, greater silence, and a heart attuned to the gentle voice of the Lord. Wherever your Lenten journey leads, may you walk with courage, patience, and joy—following Jesus, who has gone before you and walks with you always.

**All:** Lord Jesus, as we emerge from this time of reflection, we thank You for walking with us into the quiet places of our hearts and the deserts of our lives. Grant us the courage to trust You more deeply, the grace to hear Your gentle voice amid the silence, and the strength to rise renewed in Your love. May the lessons learned blossom into joy, hope, and compassion as we journey onward. Let our hearts remain open to Your guidance and our footsteps steady in faith, knowing You are always near. Carry us from the desert into new life, that we might share Your Good News with all we meet. Amen.

## Resources to Promote a Deeper Lenten Experience

- Keep a Lenten journal, noting moments of grace, challenge, and growth.
- Pray the Stations of the Cross, especially focusing on Jesus’ perseverance.
- Read “Mary’s Way of the Cross” by Richard Furey. Follow Jesus on his journey to Calvary through the eyes of his mother, Mary. – Only 32 pages.
- Attend daily Mass or Eucharistic Adoration
- Receive the Sacrament of Reconciliation for a fresh start.
- Practice almsgiving: offer time, resources, or compassion to someone in need.
- Connect with a spiritual director or trusted friend for encouragement.



Lord, help us to see the Holy Season of Lent as a time of spiritual renewal, rather than a time of deprivation. Amen.

### Notes: