

From the Rector's Study, the Rev. Bryce Sangster

Sunday, March 6th, Lent I

Deuteronomy 26:1-11 Psalm 91:1-2, 9-16 Romans 10:8b-13 Luke 4:1-13

Jesus spends 40 days in the wilderness and is tempted and the three temptations. Again, this is not only about Jesus what about who we are and how we look at life.

The first temptation the devil suggested Jesus turn stones into bread, Jesus answering do not live by bread alone. This reminds me of Maslow's hierarchy of needs.

1. Physiological needs: The physiological needs are regarded as the most basic of the needs that humans have. These are needs that are very crucial for our survival. The examples of physiological needs are food, shelter, warmth, health, homeostasis and water, etc.

2. Safety Needs: Once the basic needs of food, shelter, water, etc are fulfilled, there is an innate desire to move to the next level. The next level is known as the safety needs. Here the primary concern of the individual is related to safety and security.

3. Social Needs (Also known as Love and Belonging Needs): This is the third level in the need hierarchy theory. It is that stage where an individual having fulfilled his physiological needs as well as safety needs seeks acceptance from others in the form of love, belongingness.

In this stage, human behaviour is driven by emotions and the need for making emotional relationships is dominant here.

The following examples can satisfy this need:

1. Friendship
2. Family
3. Intimacy
4. Social Groups

When an individual is deprived of the above needs, he/she feels lonely and depressed.

4. Esteem needs: This is considered as the fourth level of the hierarchy of needs theory. It is related to the need of a person being recognised in the society. It deals with getting recognition, self respect in the society.

The need for recognition and acceptance arises when a person has fulfilled their need for love and belongingness.

In addition to recognition from others, there is a need for the person to develop self esteem and personal worth.

5. Self-actualization needs: This is the final level of the theory of hierarchy of needs as proposed by Maslow. It is the highest level of needs and is known as the self-actualization needs. It relates to the need of an individual to attain or realise the full potential of their ability or potential.

At this stage, all individuals try to become the best version of themselves. In other words, self actualisation is the journey of personal growth and development.

The second temptation: *Worship the Lord your God and serve only him.*"

This suggests that we need to worship God and realize God as the priority, otherwise we fall into the trap of putting ourselves and our needs or the needs for others first, and maybe trying to do everything on our own, without God. And to move through all the Maslow needs is to do so in relationship with God and others. That we are not the centre of our own universe.

The third temptation: *Do not put the Lord your God to the test.*"

This is in effect, the opposite of the second temptation. Not only are we better off serving God in the choices and activities in our lives and relationships, but with us being part of the choices and actions and not just leaving everything up to God. That we are co-creators with God. Partners but not equals. Yet not just remaining passive.

This is all about the reality that it is not just about our actions or our prayers, but the connection in relationship with God and others is prayer and action together.

Amen