**Dear Lord and Father,**

During Lent we think of the time Jesus spent in the desert and was tempted by the devil,

As your son resisted temptation, help us to recognise when we are tempted to make wrong choices.

Help us to reduce the amount of time we spend gaming, watching TV and YouTube and any other time we lose ourselves to technology.

Instead, help us to take the opportunity to appreciate the resources you have given us, to notice the beauty in the world around us

And to enjoy the time with our friends and family.

**Amen**