



February 21st, 2010

1st Sunday of Lent

OPENING PRAYER

Let us pray. Father, through our observance of Lent, help us to understand the meaning of your Son's death and resurrection, and teach us to reflect it in our lives. Grant this...

FIRST READING

(This reading brings home to us the message how helpless and hopeless human beings become when they seek their own glory and prestige.)

A reading from the Book of Genesis (2:7-9; 3:1-7)

The Lord God formed man of dust from the ground, and breathed into his nostrils the breath of life; and man became a living being. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. And out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more subtle than any other wild creature that the Lord God had made. He said to the woman, "Did God say, 'You shall not eat of any tree of the garden'?" And the woman said to the serpent, "We may eat of the fruit of the trees of the garden; but God said, 'You shall not eat of the fruit of the tree which is in the midst of the garden, neither shall you touch it, lest you die'." But the serpent said to the woman, "You will not die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves aprons.

This is the Word of the Lord

PSALM (50)

Response : Have mercy on us, O Lord, for we have sinned.

Have mercy on me, God, in your kindness. In your compassion, blot out my offence. O wash me more and more from my guilt and cleanse me from my sin.

My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done.

A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit.

Give me again the joy of your help; with a spirit of favour sustain me. O Lord, open my lips and my mouth shall declare your praise.

SECOND READING

(St Paul states that sin and death came to us through the first Adam and the second Adam redeemed us once and for all.)

A reading from the Letter of St Paul to the Romans (5:12,17-19)

Sin came into the world through one man and death through sin, and so death spread to all men because all men sinned. If, because of one man's trespass, death reigned through that one man, much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Then as one man's trespass led to condemnation for all men, so one man's act of righteousness leads to acquittal and life for all men. For as by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous. This is the Word of the Lord

ACCLAMATION (Mt 4:4b)

Man shall not live by bread alone but by every word that proceeds from the mouth of God.

GOSPEL

(Jesus emerges victorious from the temptations because he knew well that his mission was to do his Father's will in suffering and submission.)

A reading from the Holy Gospel according to St Matthew (4:1-11)

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And he fasted forty days and forty nights, and afterward he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God'." Then the devil took him to the holy city, and set him on the pinnacle of the temple, and said to him, "If you are the Son of God, throw yourself down; for it is written, 'He will give his angels charge of you', and 'On their hands they will bear you up, lest you strike your foot against a stone'."

Jesus said to him, "Again it is written, 'You shall not tempt the Lord your God'." Again, the devil took him to a very high mountain, and showed him all the kingdoms of the world and the glory of them; and he said to him, "All these I will give you, if you will fall down and worship me." Then Jesus said to him, "Begone, Satan! For it is written, 'You shall worship the Lord your God and him only shall you serve'." Then the devil left him, and behold, angels came and ministered to him.

This is the Gospel of the Lord