

ENTRANCE ANTIPHON

When he calls on me, I will answer him;
I will deliver him and give him glory,
I will grant him length of days.

COLLECT

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of
the Holy Spirit,
one God, for ever and ever.
Amen.

FIRST READING

Gen 2:7-9, 3:1-7

A reading from the book of Genesis.

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, "Did God really say you were not to eat from any of the trees in the garden?" The woman answered the serpent, "We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, 'You must not eat it, nor touch it, under pain of death'." Then the serpent said to the woman: "No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil." The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord.

Thanks be to God.

PSALM

Ps 50

Response:

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

1. 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. **(R.)**
2. 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. **(R.)**
3. 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. **(R.)**
4. Give me again the joy of your help;
with a spirit of fervour sustain me.
O Lord, open my lips
and my mouth shall declare your praise.
(R.)

SECOND READING

Rm 5:12-19

(For shorter form read between >> <)

A reading from the letter of St Paul to the Romans.

>Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned.< Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of "law-breaking", yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. >If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.

The word of the Lord.<

Thanks be to God

GOSPEL ACCLAMATION

**Praise to you, O Christ, king of eternal glory!
Man does not live on bread alone
but on every word that comes from the
mouth of God.**

Praise to you, O Christ, king of eternal glory!

GOSPEL

Mt 4:1-11

A reading from the holy Gospel according to Matthew.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, "If you are the Son of God, tell these stones to turn into loaves." But he replied, "Scripture says:

Man does not live on bread alone
but on every word that comes from the
mouth of God."

The devil then took him to the holy city and made him stand on the parapet of the Temple. "If you are the Son of God" he said "throw yourself down; for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone."

Jesus said to him, "Scripture also says:

You must not put the Lord your God to the test."

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. "I will give you all these," he said, "if you fall at my feet and worship me." Then Jesus replied, "Be off,

Satan! For scripture says:

You must worship the Lord your God,
and serve him alone."

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

PROFESSION OF FAITH

**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with
the Father;**

through him all things were made.

**For us men and for our salvation
he came down from heaven,**

(all bow during the next three lines)

**and by the Holy Spirit was incarnate of the
Virgin Mary,
and became man.**

**For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.**

**He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic and
apostolic Church.**

**I confess one Baptism for the forgiveness
of sins**

**and I look forward to the resurrection of the
dead
and the life of the world to come. Amen.**

PRAYER OVER THE OFFERINGS

Give us the right dispositions, O Lord, we pray,
to make these offerings,
for with them we celebrate the beginning
of this venerable and sacred time.
Through Christ our Lord.
Amen.

COMMUNION ANTIPHON

**One does not live by bread alone,
but by every word that comes forth from the
mouth of God.**

PRAYER AFTER COMMUNION

Renewed now with heavenly bread,
by which faith is nourished, hope increased,
and charity strengthened,
we pray, O Lord,
that we may learn to hunger for Christ,
the true and living Bread,
and strive to live by every word
which proceeds from your mouth.

Through Christ our Lord.

Amen.

1 MARCH 2020

Sunday Message

1ST SUNDAY OF LENT

THE WORD

Year A • Season Colour: Purple • Psalter Week 1



LENT IS A JOYFUL SEASON!

(MATT 4:1-11)

At his baptism, which occurs immediately before our Gospel passage today, Jesus is revealed publicly as the Son of God.

The question now is: how does Jesus understand being the Son of God? What sort of Messiah will he be: the kind that many people expect and hope for, the military liberator of their nation, or the one whom God intends him to be? The devil presents three ways in which Jesus could misuse his power and take a short-cut to being acclaimed as the Messiah: he could change stones into bread and feed not just himself but his followers; he could perform some supernatural feat and acquire an enthusiastic following; or he could seek political influence to establish the Kingdom of God. But as Jesus makes clear to Peter – when he later tries to deflect Jesus from the path God has traced out for him, and Jesus addresses him also with “Begone, Satan!” – the true sign that Jesus is the Son of God is the cross. ■

REFLECT

Many people approach Lent much as they would any endurance test: can I give up something I like for six weeks? If we reach Easter successfully, then we feel a sense of achievement. If we do not, then we may feel a failure and be disappointed. The problem with this approach is that it is all about ourselves. Our penance, whatever it may be, is supposed to remind us about God, and what God has done for us in sending Jesus.

The idea underlying fasting is that the less the body has to do, the more heightened is our spiritual awareness. We should be able to concentrate more easily on thinking and praying. This can be an uncomfortable experience: we can be faced with questions about ourselves that we would rather not answer. In Lent we are asked to think about what God has done for us and how we are responding to his love. None of us responds perfectly, and we are being challenged to do something about those areas in our lives where we are lacking. No wonder that we are tempted to give up and indulge in comfort-eating or some other distraction to take our minds off our relationship with God and how we are trying to live up to our Christian calling.

The church speaks about Lent as a joyful season: perhaps if we thought about it in this way, we might find it a more positive experience. Jesus’ answers to the devil are not just smart rejoinders: they are quotations from the book of Deuteronomy: this is concerned with the relationship between God and the people of Israel, which we call the covenant. Israel was put to the test in the Exodus wilderness journey and failed: Jesus undergoes similar testing and passes by being faithful to the word of God. In this, he is our example. ■

LEARN

The expression ‘the temptations of Jesus’ is better understood as the testing of Jesus as the Son of God.

The devil is trying to deflect Jesus from his true path, which will lead to Calvary.

Peter will do the same: that is why Jesus says to him, in Mark’s account, “Begone, Satan”, because the way you think is not God’s way but human thinking!

DO

When you carry out the penance you have chosen for Lent, think of the love of God for you: decide how you can best respond to that love each day.



SAY

**Lent is a joyful
season**