

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,
God, for ever and ever.
Amen.

FIRST READING

Dt 26:4-10

A reading from the book of Deuteronomy.

Moses said to the people: "The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

'My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me.' You must then lay them before the Lord your God, and bow down in the sight of the Lord your God."

The word of the Lord.
Thanks be to God.

PSALM

Ps 90 (91):1-2, 10-15

Response:

Be with me, O Lord, in my distress.

1. He who dwells in the shelter of the Most High and abides in the shade of the Almighty says to the Lord: "My refuge, my stronghold, my God in whom I trust!" (R.)
2. Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. (R.)
3. They shall bear you upon their hands lest you strike your foot against a stone. On the lion and the viper you will tread and trample the young lion and the dragon. (R.)
4. His love he set on me, so I will rescue him protect him for he knows my name. When he calls I shall answer: "I am with you." I will save him in distress and give him glory. (R.)

SECOND READING

Rom 10:8-13

A reading from the letter of St Paul to the Romans

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

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

Lk 4:1-13

A reading from the holy Gospel according to Luke.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, "If you are the Son of God, tell this stone to turn into a loaf." But Jesus replied, "Scripture says: Man does not live on bread alone."

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, "I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours." But Jesus answered him. "Scripture says:

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

Then he led him to Jerusalem and made him stand on the parapet of the Temple. "If you are the Son of God," he said to him "throw yourself down from here, for scripture says:
He will put his angels in charge of you to guard you, and again:

They will hold you up on their hands
in case you hurt your foot against a stone."
But Jesus answered him, "It has been said:
You must not put the Lord your God to the test."
Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.

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.

PRAYER OVER THE PEOPLE

May bountiful blessing, O Lord, we pray,
come down upon your people,
that hope may grow in tribulation,
virtue be strengthened in temptation,
and eternal redemption be assured.
Through Christ our Lord.
Amen.

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We thank you Father for the life and knowledge
which you have made known to us through
Jesus your Son. As this bread which we have
broken was once scattered on the hillside and
was gathered and became one again, so may
your Church be gathered from the ends of the
earth into your kingdom. For yours is the glory
and the power through Jesus Christ our Lord.

(The Didache 2nd century)

Sunday Message

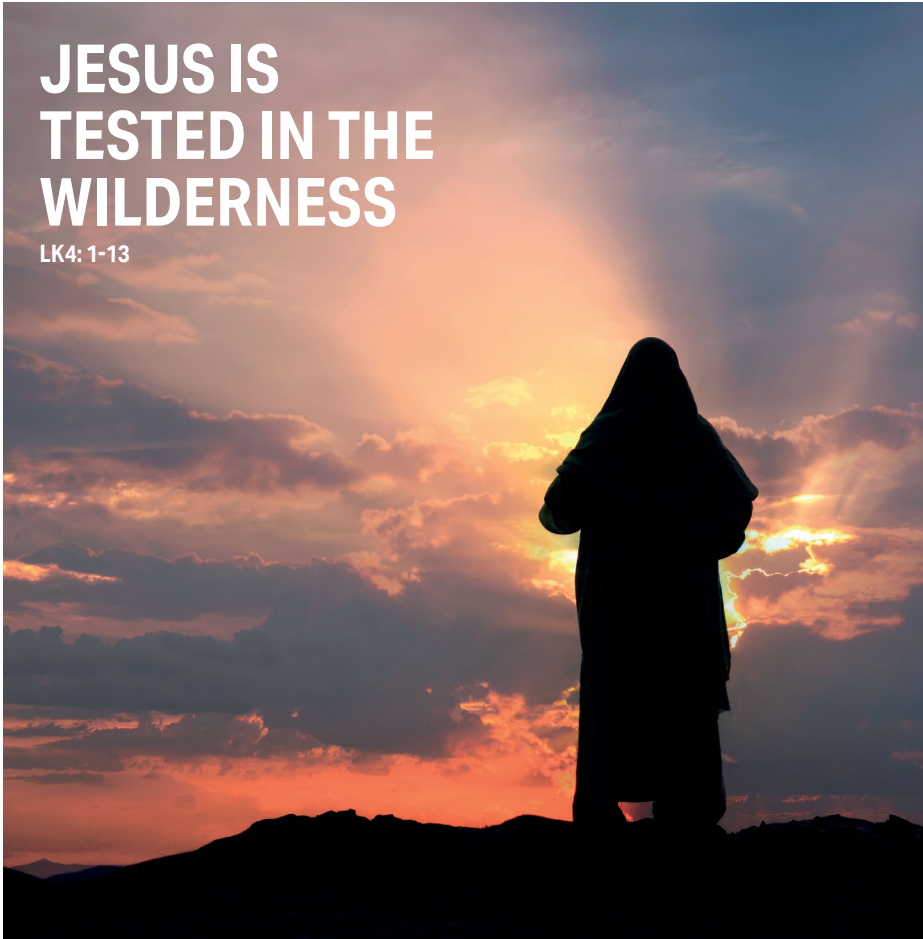
1ST SUNDAY OF LENT

THE WORD

Year C • 9th March 2025 • Colour: Violet • Psalter Week 1

JESUS IS TESTED IN THE WILDERNESS

LK4: 1-13



This famous Gospel signifies the start of lent, and our own 40 days of prayer, fasting and almsgiving. Jesus goes through his own torment in the desert and is tested to the limit to see if he is totally committed or not. His temptations are somewhat consoling for us, because we're reminded that he was fully human as well as divine.

We can identify somewhat with some of the struggles he must have endured as the heat and the dryness of the desert experience, brought a weight of challenge and misery into his life. Despite the struggle and pain he is to endure, Jesus' determination is steadfast and the Gospel tells us that he stays loyal to his Father's plan. Some might suggest that these 40 days are a precursor for the challenges that will come later, as he descends into the city of Jerusalem. If this is a test, he passes with flying colours. Jesus will go on to say that we must not set our hearts on things to eat and things to drink. We set our hearts on God's kingdom, and these other things will be given to us as well. ■

SAY

Help me to use your love as a way
to persevere in my Lenten intentions.
I am weak, but I know with your help,
I can use these small sacrifices in my life to draw closer to you.

REFLECT

As someone with a sweet tooth, the Lenten journey has always been an uphill task for me, with many a documented failure over the years. Then of course there are the 'days off', which seem to be obligatory in one's 40 days of fasting. Do I count Sundays? St Patrick's Day is surely not part of Lent? And the list goes on and on. We trick the mind into thinking that the 40 days will be a breeze and the sacrifice being made won't be too painful or arduous! Think again!

But for most of us, we know that lent is not meant to be a time of misery and pain. But it is a time to nourish some critical elements of our faith. Some would say that we need 40 days to reflect on the times in our lives when we feel hungry and alone. Do we still trust God? When our lives become a struggle to connect with people and what we're left with is a vacancy. Do we still believe God loves us? Or when tragedy enters our life and God seems no where to be found. Do we believe in God's presence?

I often describe Lent as an opportunity to reflect on the importance faith plays in our lives. As people of faith, it helps us greatly to reflect on God's love and compassion for his people. This is what roots our prayer lives. ■

LEARN

Guide me as I humbly seek to repent and return to your love.

DO

Choose one thing that you would like to work on for the 40 days of Lent. When you fail, don't be hard on yourself. Just try again.

