

SUNDAY READINGS & PRAYERS

LENT 1 (YEAR C)

COLLECT

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

FIRST READING

Deu 26.2,4-10

A reading from the book of Deuteronomy.

Moses spoke to the people, saying: You shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God.

This is the Word of the Lord.
Thanks be to God.

RESPONSORIAL PSALM

from Ps 91



R. His angels keep you in all your ways.

(All repeat)



He who dwells in the shelter of | the Most High,
and abides under the shadow of | the Almighty,
shall say to the Lord, 'My refuge | and my stronghold,
my God in whom I | put my trust!' **R.**

Because you have made the | Lord your refuge
and the Most High your | habitation
there shall no evil happen | unto you,
neither shall any plague come | near your dwelling. **R.**

For he shall give his angels charge | over you,
to keep you in | all your ways.
They shall bear you | in their hands,
lest you dash your foot a-|gainst a stone. **R.**

You shall tread upon the lion | and the adder;
the young lion and the serpent you shall
trample | underfoot.
'Since he is bound to me in love, I | will deliver him;
I will protect him, for he | knows my name. **R.**

'He shall call upon me and | I will answer him;
I am with him in trouble, I will rescue him
and bring | him to honour.
With long life will I | satisfy him,
and show him | my salvation.' **R.**

SECOND READING

Rom 10.8b-13

A reading from the letter of Paul to the
Romans.

What does scripture say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be

saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.'

This is the Word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

Mt 4.4

Praise to you, O Christ, King of eternal glory.

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

Praise to you, O Christ, King of eternal glory.

GOSPEL READING

Lk 4.1-13

The Lord be with you.

And also with you.

Hear the Gospel ✠ of our Lord Jesus Christ
according to Luke.

Glory to you, O Lord.

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." And Jesus answered him, "It is written, 'Man shall not live by bread alone.'"

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, "To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours." And Jesus answered him, "It is written, 'You shall worship the Lord your God, and him only shall you serve.'"

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, "If you are the Son of God, throw

yourself down from here, for it is written, 'He will command his angels concerning you, to guard you,' and 'On their hands they will bear you up, lest you strike your foot against a stone.'" And Jesus answered him, "It is said, 'You shall not put the Lord your God to the test.'"

And when the devil had ended every temptation, he departed from him until an opportune time.

This is the Gospel of the Lord.

Praise to you, O Christ.

PRAYER OVER THE OFFERINGS

We pray you, almighty God, make us fit to offer these gifts, by which we celebrate the beginning of the holy season of Lent; through Christ our Lord. **Amen.**

POST-COMMUNION

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. **Amen.**