

# THE FIRST SUNDAY OF LENT

## 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.

## FIRST READING Deuteronomy 26.1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, 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. You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' 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. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

## RESPONSORIAL PSALM 90

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 he has 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 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 Romans 10.8b-13

'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.'

## 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 Luke 4.1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone."' Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying 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 protect you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' When the devil had finished every test, he departed from him until an opportune time.

## 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.

