



# THE WORD

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**Reflection:** *I've been asked many times whether temptations are sins. I said, no. It is what you do with the temptations which could make it sinful. The gospel for today as we begin this season of Lent, is about Jesus being tempted by the devil for forty days. This happened after his baptism and before his ministry. I believe this was done to test Jesus about the reality of the difficulty of his ministry. In the gospel, Jesus was tempted three times and the gospel ended that the devil is to return at the appointed time. It means that the temptations will not end after forty days but it will be with him during the rest of his ministry and even during his passion. For us, it is inevitable that we'll be tempted in various ways and like Jesus temptations will always be us. The proper thing to do is to ask the Holy Spirit to resist temptations and always do the will of God. Hopefully, in this Lenten season, we may persevere with our sacrifices so that we may come nearer to God.*

## Introduction to the Mass:

**TEMPTED BY THE DEVIL.** The temptations experienced by Jesus in the wilderness were not temptations to moral evil as we usually understand it. They were not temptations to steal or murder or commit adultery. They were far more subtle: to give priority to material comfort, to have power over others, to test God. During Lent, let us take some time to examine our own attitudes: are we giving priority to God or in subtle ways putting ourselves first and God second?

## INTRODUCTORY RITES

**Entrance Antiphon:**  
[cf. Psalm 90:15-16]

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

**Greeting**  
(Sign of the Cross)

**P** – The grace of our Lord Jesus Christ, the love of God and the communion of the Holy Spirit, be with you all.  
**All** – **And with your spirit.**

## Penitential Act

**P** – Brothers and sisters, let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

**P** – Lord Jesus, you listen to the cry of the oppressed, Lord, have mercy.

**All** – **Lord, have mercy.**

**P** – Christ Jesus, you save all those who call on you, Christ have mercy.

**All** – **Christ, have mercy.**

**P** – Lord Jesus, you overcame the temptations of the enemy, Lord have mercy.

**All** – **Lord, have mercy.**

**P** – May almighty God have mercy on us, forgive us our sins and bring us to everlasting life. **Amen.**

*(Gloria is omitted)*

## 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.**



## LITURGY OF THE WORD

**First Reading:**  
[Deuteronomy 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.

**All – Thanks be to God.**

### **Responsorial Psalm**

[Psalm 90]

**R – Be with me, Lord, when I am in trouble.**

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)**

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)**

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)**

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 10:8-13]

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.

**All – Thanks be to God.**

### **Gospel Acclamation**

[Matthew 4:4]

**Praise to you, Lord Jesus Christ, king of endless glory!**

No one lives on bread alone, but on every word that comes from the mouth of God. **Praise to you, Lord Jesus Christ, king of endless glory!**

### **Gospel**

[Luke 4:1-13]

**P – The Lord be with you.**

**All – And with your spirit.**

**P – A reading from the holy Gospel according to Luke.**

**All – Glory to you, O Lord.**

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.

**P – The Gospel of the Lord.**

All – Praise to you, Lord Jesus Christ.

## Homily

### 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*). 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 of the Faithful

**P** — With complete trust, let us bring our prayers before God. For every petition, let our response be:

**R** — Lord, hear our prayer.

**C** — For all members of the Church during this season of Lent, that they be examples of faithful service, let us pray to the Lord: **(R)**

**C** — For the civil leaders of our nation and our city, that they always act with justice and compassion, let us pray to the Lord: **(R)**

**C** — For all who are afflicted, or suffering temptation, that they be strengthened by God's grace, let us pray to the Lord: **(R)**

**C** — For members of our community, that we accept God's call to repentance in this holy time, let us pray to the Lord. **(R)**

**C** — That those who have died may enter the kingdom of God, especially [*you may insert name/s of those who have died recently*] We pray: **(R)**

**P** — Loving God, you open our hearts to conversion and grace. Listen to our prayer, and grant what we ask, through Christ our Lord.

**All — Amen.**



## LITURGY OF THE EUCHARIST

### Presentation of the Gifts

**P** — Pray, brothers and sisters...

**All** — May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

### 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. **All — Amen.**

### Preface

#### *First Sunday of Lent*

**P** — The Lord be with you.

**All** — And with your spirit.

**P** — Lift up your hearts.

**All** — We lift them up to the Lord.

**P** — Let us give thanks to the Lord our God.

**All** — It is right and just.

It is truly right and just, our duty and our salvation, always and everywhere to give you thanks, Lord, holy Father, almighty and eternal God, through Christ our Lord.

By abstaining forty long days from earthly food, he consecrated through his fast the pat-

tern of our Lenten observance and, by overturning all the snares of the ancient serpent, taught us to cast out the leaven of malice, so that celebrating worthily the Paschal Mystery, we might pass over at last to the eternal paschal feast.

And so, with the company of Angels and Saints, we sing the hymn of your praise, as without end we acclaim:

**All - Holy, holy, holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest.**

#### Acclamation

P – The mystery of faith.

**All – When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.**

### COMMUNION RITE

#### The Lord's Prayer

**All – Our Father...**

P – Deliver us, Lord...

**All – For the kingdom, the power, and the glory are yours, now and for ever.**

#### Invitation to Peace

#### Invitation to Communion

(kneel)

P – Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**All – Lord, I am not worthy that you should enter under**

**my roof, but only say the word and my soul shall be healed.**

#### Communion Antiphon

[Matthew 4:4]

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

#### Prayer after Communion

P – Let us pray

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. **All – Amen**

### CONCLUDING RITES

P – The Lord be with you.

**All – And with your spirit.**

P – Bow your heads and pray for God's blessing.

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.**

May almighty God bless you, the Father, and the Son + and the Holy Spirit.

**All – Amen.**

### Dismissal

P – Go and announce the Gospel of the Lord.

**All – Thanks be to God.**



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**Lent** runs from *Ash Wednesday* until the *Mass of the Lord's Supper* exclusive.

The *Alleluia* is not used from the beginning of Lent until the Easter Vigil.

The Sundays of this season are called the First, Second, Third, Fourth and Fifth Sundays of Lent. The Sixth Sunday, which marks the beginning of *Holy Week*, is called *Passion Sunday* (Palm Sunday).

**Holy Week** has as its purpose the remembrance of Christ's passion, beginning with his Messianic entrance into Jerusalem.

*(General Norms of the Liturgical Year and Calendar)*

