

# First Sunday in Lent

## INTRODUCTION

INTROIT HYMN— **185**

*Celebration Hymnal*

In the name of the Father,  
and of ✠ the Son,  
and of the Holy Spirit.

*All respond: Amen.*

The Lord be with you.

**And also with you.**

*The PRAYERS OF PENITENCE are introduced.*

**Lord God, we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing  
and cleanse us from our sin.  
Renew a right spirit within us  
and restore us to the joy of your salvation,  
through Jesus Christ our Lord. Amen.**

May the God of love and power  
forgive ✠ you and free you from your sins,  
heal and strengthen you by his Spirit,  
and raise you to new life in Christ our Lord.  
**Amen.**

KYRIE ELEÏSON *is sung.*

**Kyrie, eleïson.** (× 3) *(Lord, have mercy.)*

**Christe, eleïson.** (× 3) *(Christ, have mercy.)*

**Kyrie, eleïson.** (× 3) *(Lord, have mercy.)*

*All remain standing for the 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 lives and  
reigns with you in the unity of the Holy Spirit,  
God, for ever and ever. **Amen.**

## LITURGY OF THE WORD

Readings for Year C

FIRST READING

*Deu 26.1–11*

A reading from the book of Deuteronomy.

Moses spoke to the people, saying:

“When you come into the land that the Lord your God is giving you for an inheritance and have taken possession of it and live in it, you shall take some of the first of all the fruit of the ground, which you harvest from your land that the Lord your God is giving you, and you shall put it in a basket, and you shall go to the place that the Lord your God will choose, to make his name to dwell there. And you shall go to the priest who is in office at that time and say to him, ‘I declare today to the Lord your God that I have come into the land that the Lord swore to our fathers to give us.’ Then the priest shall take the basket from your hand and set it down before the altar of the Lord your God.

“And you shall make response before the Lord your God, ‘A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the Lord, the God of our fathers, and the Lord heard our voice and saw our affliction, our toil, and our oppression. And the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O Lord, have given me.’ And you shall set it down before the Lord your God and worship before the Lord your God. And you shall rejoice in all the good that the Lord your God has given to you and to your house, you, and the Levite, and the sojourner who is among you.”

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 against 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.

"The word is near you, in your mouth and in your heart" (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, "Everyone who believes in him will not be put to shame." For there is no distinction between

Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For "everyone who calls on the name of the Lord will be saved."

This is the word of the Lord.

**Thanks be to God.**

GRADUAL HYMN—**757**

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.**

A SERMON *may follow.*

All *stand* to recite the NICENE CREED.

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven,**

*(all bow)* **was incarnate from the Holy Spirit and the Virgin Mary, and was made man.**

*(all rise)* **For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again 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.**

**We 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 worshipped and glorified, who has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life ✠ of the world to come. Amen.**

*The INTERCESSIONS are introduced, and all kneel. One of these responses may be used:*

∇. Lord, hear us. R. **Lord, graciously hear us.**  
or ∇. Lord, in your mercy, R. **Hear our prayer.**

*At the Commemoration of the Departed:*  
∇. Rest eternal ✠ grant unto them, O Lord;  
R. **And let light perpetual shine upon them.**

*The Intercessions may end:*

Merciful Father,  
**Accept these prayers, for the sake of your Son, our Saviour Jesus Christ. Amen.**

## LITURGY OF THE SACRAMENT

All *stand* as the priest introduces the PEACE.

The peace of the Lord be always with you.

**And also with you.**

OFFERTORY HYMN— **143**

*The people unite their prayers with the priest, who says the PRAYER OVER THE OFFERINGS.*

Pray, my brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**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 Church.**

Lord, at the beginning of this holy season re-fashion our hearts and make them one with the sacrifice we are about to offer; through Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

*The PREFACE follows.*

All *respond* with the SANCTUS & BENEDICTUS.

**Holy, holy, holy Lord, God of power and might, 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.**

*All kneel. After the Consecration, all acclaim:*

Jesus Christ is Lord:

**Lord, by your cross and resurrection  
you have set us free.**

**You are \* the Saviour of the world. (\* repeat)**

*The Eucharistic Prayer continues, and ends:*

... for ever and ever. **Amen.**

## RITE OF COMMUNION

*The priest introduces the LORD'S PRAYER.*

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done, on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.**

**For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.**

*The priest breaks the Host; AGNUS DEI is sung.*

**Lamb of God,  
you take away the sin of the world:  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world:  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world:  
grant us peace.**

*The priest gives the COMMUNION INVITATION.*

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

*Holy Communion is distributed.*

COMMUNION HYMN—**624**

*The priest says the POST-COMMUNION prayer.*

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.**

## CONCLUSION

*The priest gives the BLESSING and DISMISSAL.*

The Lord be with you. **And also with you.**

... The blessing of God almighty, the Father, the Son, ✠ and the Holy Spirit, be among you, and remain with you always. **Amen.**

Go in the peace of Christ. **Thanks be to God.**

RECESSIONAL HYMN—**495**

*The service may be followed by the ANGELUS.*

∇. The angel of the Lord declared unto Mary:

℟. **And she conceived by the Holy Spirit.**

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus.

**Holy Mary, Mother of God,  
pray for us sinners, now,  
and at the hour of our death. Amen.**

∇. Behold the handmaid of the Lord:

℟. **Be it unto me according to thy word.**

Hail Mary ...

∇. And the Word was made flesh:

℟. **And dwelt among us.**

Hail Mary ...

∇. Pray for us, O holy Mother of God:

℟. **That we may be made worthy of the promises of Christ.**

Let us pray. Pour forth, we beseech you, O Lord, your grace into our hearts; that we to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may by his Passion and Cross ✠ be brought to the glory of his Resurrection; through the same Christ our Lord. **Amen.**