

First Sunday of Lent - 26 February



Gospel (Mt 4:1-11)

A reading from the holy Gospel according to Matthew

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says: 'Man does not live on bread alone but on every word that comes from the mouth of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says: He will put you in his angels' charge, and they will support you on their hands in case you hurt your foot against a stone.' Jesus said to him, 'Scripture also says: You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says: You must worship the Lord your God and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

Song Suggestion



Let Me Know Your Love
James Maher msc

Available at
<https://www.youtube.com/watch?v=Dbkccq-tQE0s>

Closing Prayer

God,
you chose us by name.
This Lent, give us the
courage to face the
temptations put before us.
Through the example of
prayer, fasting and giving,
shown to us by your Son,
may we too be graced to
bring love into the world.
This we ask with the
guidance of the Holy Spirit.
Amen.