

Each year on the first Sunday of Lent, we hear how Jesus was tempted by the devil three times during his forty days in the desert. Each time, Jesus resisted the devil, finding strength in God's word. As we embark on these forty days of Lent, we will encounter temptation as well. Our temptations will vary, but each will sound attractive in its own way. This Lent, let us keep in mind Jesus' responses to the devil in the desert and pray for the strength we need to resist temptation and to repent of the times we fail to do so.

As we gather let us begin our service by professing what we believe.

Profession of Faith p. 172

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, (*bow as we say*) and by the Holy Spirit he 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.

Introductory Rite:

Greeting:

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

Grace and peace to you from God our Father and from the Lord Jesus Christ.

Blessed be God forever. **Blessed be God forever.**

Penitential Rite: p. 12

Brothers and sisters, let us acknowledge our sins, and so prepare ourselves to participate in this sacred celebration.

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

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

Opening Prayer:

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 p. 132

A reading from the Book of Deuteronomy

Deuteronomy 26:4-10

Moses spoke to the people, saying: "The priest shall receive the basket from you and shall set it in front of the altar of

the LORD, your God. Then you shall declare before the Lord, your God, 'My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the LORD, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the firstfruits of the products of the soil which you, O LORD, have given me.' And having set them before the Lord, your God, you shall bow down in his presence."

The word of the Lord.

Thanks be to God

Responsorial Psalm

Psalm 91:1-2, 10-11, 12-13, 14-15.

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

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

You who dwell in the shelter of the Most High, who abide in the shadow of the Almighty, say to the LORD, "My refuge and fortress, my God in whom I trust." **R/.**

No evil shall befall you, nor shall affliction come near your tent,
For to his angels he has given command about you, that they guard you in all your ways. **R/.**

Upon their hands they shall bear you up, lest you dash your foot against a stone.
You shall tread upon the asp and the viper; you shall trample down the lion and the dragon. **R/.**

Because he clings to me, I will deliver him; I will set him on high because he acknowledges my name.
He shall call upon me, and I will answer him; I will be with him in distress;
I will deliver him and glorify him. **R/.**

Second Reading

A reading from the Letter of Saint Paul to the Romans

Romans 10:8-13

Brothers and sisters: What does Scripture say? *The word is near you, in your mouth and in your heart* —that is, the word of faith that we preach—, for, 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 one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For 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, enriching all who call upon him. For "everyone who calls on the name of the Lord will be saved."

The word of the Lord.

Thanks be to God.

Gospel

A reading from the holy Gospel according to Luke

Luke 4:1-13

Glory to you, Lord

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. 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." Jesus answered him, "It is written, *One does not live on bread alone.*"

Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this

will be yours, if you worship me." Jesus said to him in reply, "It is written: *You shall worship the Lord, your God, and him alone shall you serve.*"

Then he led him to Jerusalem, made him stand on the parapet 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: With their hands they will support you, lest you dash your foot against a stone.”* Jesus said to him in reply, "It also says, *You shall not put the Lord, your God, to the test.*" When the devil had finished every temptation, he departed from him for a time.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Reflection on the Word:

- In the first reading, Moses reminds the people that God rescued them from bondage and led them to a "land flowing with milk and honey" (Deuteronomy 26:9). Left unsaid was any reference to their long, difficult journey across the desert before arriving in the promised land. During that time, the people grumbled that they were better off in slavery than starving to death in the desert. They complained against God and Moses and even built a golden calf and worshiped it. Difficult times and trying circumstances tempt us to give up or give in. Jesus is starving, as the Chosen People had centuries earlier, but he gives us a model for resisting temptation, relying on God to carry him through hardship and suffering.
- Note that Jesus is not alone in the desert for forty days. He goes there immediately after he is baptized, that is, after he receives the Holy Spirit. The Holy Spirit accompanies him the entire time, through hunger, hardship, and temptation. We have been baptized, so we too are filled with the Holy Spirit, ready to help us resist temptation, endure hardship, and avoid despair. Our catechumens will receive the Holy Spirit when they are baptized at the Easter Vigil, enabling our parish community to witness the movement of the Holy Spirit in our midst.
- The devil's three temptations match up pretty neatly with the three disciplines of Lent that Jesus spoke of in the Gospel that we just heard on Ash Wednesday. When we fast, we are likely to be hungry, to wish we could turn stones to bread, to satisfy our hunger with something fresh and tasty. When we give alms, we give money that we could use ourselves to acquire more than we need, to live like royalty. When we pray, we are reminded that we are the supplicant, the one in need of God's grace and mercy, not the one who can command God to do what we want. May our Lenten practices help put our faith into action while building in us the ability to resist temptation.

Question of the Week

During this Jubilee Year of Hope, what or who sustains me in hope through periods of trial?

Prayer of the Faithful:

Assured that everyone who calls on the name of the Lord will be saved, we call on the Lord's name as we present our needs and the needs of our sisters and brothers.

- For Pope Francis and all the bishops of the Church, as they lead us during this holy season of Lent, guiding us on the right path through the deserts of our life to repentance, reconciliation, and new life, let us pray to the Lord. **Lord, hear our prayer.**
- For world leaders, that they may resist the temptations of power and glory and may use their positions to the benefit of those most in need, let us pray to the Lord. **Lord, hear our prayer.**
- For those who suffer from chronic hunger or acute food insecurity, who do not have even bread alone to fill their stomachs, let us pray to the Lord. **Lord, hear our prayer.**

- For those preparing to receive the Easter sacraments of initiation, that they may be strengthened in faith, hope, and love during this Lenten season, let us pray to the Lord. **Lord, hear our prayer.**
- For members of our community as we face temptations both great and small, that we may turn to God and each other for strength and support, let us pray to the Lord. **Lord, hear our prayer.**
- For what else should we pray? Let us pray to the Lord. **Lord, hear our prayer.**
- For all the prayers that we hold in the silence of our hearts; for all our intentions spoken and unspoken, let us pray to the Lord. **Lord, hear our prayer.**

God of all compassion, we cry out to you at the beginning of our Lenten journey, as we enter the desert of penitence and temptation. Be with us, Lord, when we are in trouble, and satisfy our needs according to your will, through your Son and our Savior, Jesus Christ.

Communion Rite

The Lord's Prayer: p. 208

Let us pray with confidence to the Father in the words our Savior gave us.

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.

Rite of Peace:

The sign of peace outwardly expresses a deep spiritual reality; through this sign we acknowledge Christ's presence in each other and share the peace we have received from Him. Let us offer each other the sign of peace.

Communion:

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.

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

The body of Christ. **Amen.**

Prayer after Communion:

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. **Amen.**

Concluding Rite:

Final Blessing:

May the Lord bless us, ✠ protect us from all evil and lead us to everlasting life. **Amen.**

Go in peace! **Thanks be to God.**