

FIRST SUNDAY OF LENT

Year C

ENTRANCE HYMN

1. Lord, who throughout these forty days
for us didst fast and pray,
teach us with thee to mourn our sins,
and at thy side to stay.
2. As thou with Satan didst contend,
and didst the victory win,
O give us strength in thee to fight,
in thee to conquer sin.
3. As thirst and hunger thou didst bear
so teach us, gracious Lord
to die to self, and daily live
by thy most holy word.



FIRST READING

A reading from the book of Deuteronomy 26:4-10
The creed of the chosen people.

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.

RESPONSORIAL PSALM

Ps 90:1-2. 10-15. R] v. 15

R. 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 has he 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 the 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

A reading from the letter of St Paul to the Romans
10:8-13

The creed of the Christian.

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.

GOSPEL ACCLAMATION

Mt 4:4

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

A reading from the holy Gospel according to Luke
4:1-13

*Jesus was led by the Spirit through the wilderness
and was tempted there.*

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

