

# FIRST SUNDAY OF LENT

Year C



## ENTRANCE HYMN

1. Again we keep this solemn fast,  
A gift of faith from ages past,  
This Lent which binds us lovingly,  
To faith and hope and charity.
2. The law and prophets from of old,  
In figured ways this Lent foretold,  
Which Christ, all ages Lord and Guide,  
In these last days has sanctified.
3. More sparing, therefore, let us make  
the words we speak, the food we take,  
Our sleep, our laughter, every sense,  
Learn peace through holy penitence.
4. Let us avoid each harmful way,  
That lures the careless mind astray,  
By watchful prayer our spirits free,  
from scheming of the Enemy.
5. We pray, O blessed Three in One,  
Our God while endless ages run,  
That this, our Lent of forty days,  
May bring us growth and give you praise.

## 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....*

## 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 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.

The Gospel of the Lord.

### APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, (All bow) who was conceived by the Holy Spirit born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead, I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

### OFFERTORY HYMN

1. Forty days and forty nights  
You were fasting in the wild;  
Forty days and forty nights  
Tempted, and yet undefiled.
2. Shall not we Your sorrow share  
And from worldly joys abstain,  
Fasting with unceasing prayer,  
Strong with You to suffer pain?
3. Then, if Satan on us press,  
Flesh or spirit to assail,  
Victor in the wilderness,  
Grant we may not faint nor fail!
4. So shall we have peace divine;  
Holier gladness ours shall be.  
'Round us, too, shall angels shine,  
Such as served You faithfully.
5. Keep, O keep us, Saviour dear,  
Ever constant by Your side,  
That with You we may appear  
At the eternal Eastertide.



### COMMUNION HYMN - I

1. Lord, who throughout these forty days  
For us did fast and pray,  
Teach us with you to mourn our sins,  
And close by you to stay.
2. As you with Satan did contend,  
And did the victory win,  
O give us strength in you to fight,  
In you to conquer sin.
3. As you did hunger and did thirst,  
so teach us, gracious Lord,  
to die to self, and so to live  
by your most holy word.
4. And through these days of penitence,  
And through your Passiontide,  
forevermore, in life and death,  
O Lord, with us abide.

5. Abide with us, that through this life  
of doubts and hope and pain,  
An Easter of unending joy  
We may at last attain

### COMMUNION HYMN - II

1. Word of God, renew your people,  
*make us now your living sign.*  
*Recreate us for your purpose*  
*in this place and in this time.*
2. Word of hope and word of healing, make us...
3. Word of God and word of justice, make us ...
4. By our name you call us onward, make us ...
5. God alone the power we trust in, make us ...
6. With your cross of love upon us, make us ...
7. By your cross, restored, forgiven, make us...
8. Through the Cross of our Saviour, make us...

### COMMUNION HYMN - III

1. Lord Jesus, think on me,  
and purge away my sin;  
from earthborn passions set me free,  
and make me pure within.
2. Lord Jesus, think on me,  
with care and woe oppressed;  
let me thy loving servant be,  
and taste thy promised rest.
3. Lord Jesus, think on me,  
amid the battle's strife;  
in all my pain and misery  
be thou my health and life.
4. Lord Jesus, think on me,  
nor let me go astray;  
through darkness and perplexity  
point thou the heavenly way.
5. Lord Jesus, think on me,  
when flows the tempest high:  
when on doth rush the enemy  
O Saviour, be thou nigh.
6. Lord Jesus, think on me,  
that when the flood is past,  
I may the eternal brightness see,  
and share thy joy at last.

### RECESSIONAL HYMN

1. God of mercy and compassion,  
Look with pity upon me,  
Father, let me call Thee Father,  
'Tis Thy child returns to Thee.  
*Jesus, Lord, I ask for mercy;*  
*Let me not implore in vain;*  
*All my sins, I now detest them,*  
*Never will I sin again.*
2. See our Saviour, bleeding, dying,  
On the cross of Calvary;  
To that cross my sins have nail'd Him,  
Yet He bleeds and dies for me