**1st Sunday of Lent**

**Call to prayer:** God our all-loving Father, through our observance of Lent, help us to

understand the meaning of your Son’s death and resurrection and teach us to reflect it

in our lives. We ask this through Christ our Lord. Amen.

**A reading from the holy Gospel according to Matthew** 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil.

He fasted for forty days and forty nights, and afterwards he was hungry.

The tempter approached and said to him, "If you are the Son of God,

command that these stones become loaves of bread."

He said in reply, "It is written: One does not live on bread alone,

but on every word that comes forth from the mouth of God."

Then the devil took him to the holy city,

and made him stand on the parapet of the temple, and said to him,

"If you are the Son of God, throw yourself down.

For it is written:

He will command his angels concerning you and with their hands they will support you,

lest you dash your foot against a stone."

Jesus answered him, "Again it is written, You shall not put the Lord, your God, to the test."

Then the devil took him up to a very high mountain, and showed him all the

kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you,

if you will prostrate yourself and worship me." At this, Jesus said to him, “Get away, Satan!

It is written:

The Lord, your God, shall you worship and him alone shall you serve."

Then the devil left him and, behold, angels came and ministered to him.

The gospel of Our Lord Jesus Christ

**Focus:** The first reading is from the book of Genesis, the story of Adam and Eve being tempted.

Jesus was tempted in this gospel. We, too, are tempted and must choose between good and evil.

**Questions for reflection and sharing:**

1. What words or phrases from this reading stay with you?
2. Why do you think this gospel is used for the First Sunday of Lent every year?
3. Jesus was tempted and had fortified himself by fasting and the word of God. What do you

have in your life to help you when being tempted? Perhaps, words from your mother,

a favorite prayer, a gospel passage.

1. What prayer or action does this gospel call forth in your life?

**Concluding prayer:** Lord our God, you formed man from the clay of the earth and breathed

into him the spirit of life, but he turned from your face and sinned. In this time of repentance

we call out for your mercy. Bring us back to you and to the life your Son won for us by his

death on the cross. We ask this through Christ our Lord. Amen.