



# ☞ Sunday ☞ Scripture Study



The Sunday Scripture fellowship group follows the early Christians' example, who *"devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers"* (Acts 2:42).

They gather weekly to read and discuss the upcoming Sunday's Mass readings to allow the Lord to transform their hearts and lives through His word, spiritual companionship, and shared community life.

## THANK YOU

Thank you for subscribing to Our Spiritual Family's weekly Sunday Scripture Study! The study guide with the readings and discussion questions will be sent to you via email in a PDF attachment the Monday before the upcoming Sunday.

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# First Sunday

LENT | YEAR A

"They devoted themselves to the teaching of the apostles and to the communal life, to the breaking of the bread and to the prayers." (Acts 2:42)

OPENING PRAYER

## The Collect

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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,  
God, for ever and ever. Amen.

## Old Testament Context

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On this first Sunday of Lent, the Church takes us all the way back to Genesis: to the creation of man from earthen clay, the planting of the Garden of Eden, and humanity's first sin and ultimate Fall. It's the tragedy that introduced an inheritance of sin and death into the world and created the necessity for a Messiah, changing man's earthly life and eternal destiny forever. Lent strips away distractions to remind us of this: of what we are apart from Christ...mere dust. This truth is even illustrated in the Hebrew, where the word for "man" is "adam," and the word for "ground" is "adamah." Lent reorients our bodies and souls in thirst toward our source of Eternal Life, our only hope to defeat the death that was Adam's curse. Through his own Passion and Death, Christ offers us a way to restore the glory of our original nature: eternal sons of God, created to walk with Him through Paradise.

FIRST READING

**Genesis 2: 7-9; 3:1-7**

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1. What is the nature of our body and soul, and what sets our creation apart from other animals? How is this illustrated in the first reading from Genesis? (Read CCC 365 for a beautiful explanation of humanity's creation as "*embodied souls*").
  2. What technique or cunning lies did the serpent use to tempt Eve?
  3. Where do you think God was during the temptation and Fall?

RESPONSORIAL PSALM

**Psalm 51: 3-6,  
12-14, and 17**

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1. What is mercy, according to this psalm?
  2. How would you describe the disposition of the psalmist's heart as he pleads for mercy?
  3. What do you ask of the Lord's mercy during this Lenten season?

SECOND READING

**Romans 5: 12-19**

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1. How does St. Paul compare and contrast Adam and Christ throughout his letter?
  2. What does "*acquittal*" mean in the context of Paul's letter?
  3. How have you experienced "*the abundance of grace and gift of justification...through the one Jesus Christ?*"

GOSPEL

**Matthew 4: 1-11**

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1. What are the three temptations of Jesus? How does he respond to each?
  2. Why do you think God allows temptation? What role does it play in our journey of faith?
  3. Why do you think the devil only comes to tempt Jesus after He has fasted 40 days and nights, in his deepest bodily hunger and fatigue?
  4. What area of temptation or weakness is Jesus inviting you to journey through with Him this Lent?

 **Lord Jesus** 

**I give you my hands** to do your work.  
**I give you my feet** to go your way.  
**I give you my tongue** to speak your words.  
**I give you my mind** that you may think in me.  
**I give you my spirit** that you may pray in me,  
Above all, **I give you my heart** that you may  
love in me—your Father and all mankind.  
**I give you my whole self** that you may grow in me,  
so that it is you, Lord Jesus,  
Who live and work and pray in me.

 **Amen** 

PRAYER'S AUTHOR UNKNOWN

**PRAYER INTENTIONS**

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