

First Sunday of Lent (Year C)

Opening Prayer

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Or

God, our stronghold, you brought your people out of slavery and you desire freedom for all men and women. Let your word be close to your people, so that both from the lips and from the heart we may speak of your wonderful deeds, and let the first-fruits of our liberation be fulfilled in a rich harvest of peace for humankind. We ask this through Jesus Christ, who is one with you and the Holy Spirit, now and for ever. **Amen.**

First Reading

Deuteronomy 26:4-10

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.

This is the word of the Lord.

Responsorial Psalm

Psalms 90

R: Be with me, O Lord, in my distress.

He who dwells in the shadow 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**

Upon you no evil shall fall,
No plague approach where you dwell.
For you have commanded his angels
To keep you in all your ways. **R**

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**

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

Romans 10:8-13

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.

This is the word of the Lord.

Gospel Acclamation

Glory and praise to you, O Christ. X2

Man does not live on bread alone but on every word that comes from the mouth of God.

Glory and praise to you, O Christ. X2

Gospel

Luke 4: 1-13

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.

This is the Gospel of the Lord.

Prayer over the Gifts

Creator God, we pray you to fashion our lives in the likeness of Christ, whose table we share and of whose life we partake. We ask this through Christ our Lord.

Amen.

Prayer after Communion

God of our pilgrimage, sustain us that we may always walk in the strength of this living bread. We ask this through Christ our Lord.

Amen.

