

**ENTRANCE ANTIPHON**

When he calls on me, I will answer him;  
I will deliver him and give him glory,  
I will grant him length of days.

**COLLECT**

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.**

**FIRST READING**

Gen 2:7-9, 3:1-7

A reading from the book of Genesis.

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being. The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, "Did God really say you were not to eat from any of the trees in the garden?" The woman answered the serpent, "We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, 'You must not eat it, nor touch it, under pain of death.' Then the serpent said to the woman: "No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you will be like gods, knowing good and evil." The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord.

**Thanks be to God.**

**PSALM**

Ps 50

Response:

**Have mercy on us, O Lord, for we have sinned.**

1. Have mercy on me, God, in your kindness. In you compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. **(R.)**
2. My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **(R.)**
3. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy Spirit. **(R.)**
4. Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. **(R.)**

**SECOND READING**

Rm 5:12-19

(For shorter form read between >< )

A reading from the letter of St Paul to the Romans.

>Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. < Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of "law-breaking," yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law. Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. >If it is certain that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous.<

The word of the Lord.

**Thanks be to God.**

**GOSPEL ACCLAMATION**

**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**

Mt 4:1-11

A reading from the holy Gospel according to Matthew.

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, "If you are the Son of God, tell these stones to turn into loaves." But he replied, "Scripture says:  
Man does not live on bread alone  
but on every word that comes from the mouth  
of God."

The devil then took him to the holy city and made him stand on the parapet of the Temple. "If you are the Son of God" he said "throw yourself down; for scripture says:  
He will put you in his angel's charge,  
and they will support you on their hands  
in case you hurt your foot against a stone."  
Jesus said to him, "Scripture also says:  
You must not put the Lord your God to the test."  
Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. "I will give you all these," he said, "if you fall at my feet and worship me." Then Jesus replied, "Be off, Satan! For scripture says:  
You must worship the Lord your God,  
and serve him alone."

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

**Praise to you, Lord Jesus Christ.**

**PROFESSION OF FAITH**

**I believe in one God,  
the Father almighty,  
maker of heaven and earth,  
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,  
the Only Begotten Son of God,  
born of the Father before all ages.  
God from God, Light from Light,  
true God from true God,  
begotten, not made, consubstantial with  
the Father;**

**through him all things were made.  
For us men and for our salvation  
he came down from heaven,**

*(all bow during the next three lines)*

**and by the Holy Spirit was incarnate of the  
Virgin Mary,  
and became man.**

**For our sake he was crucified under  
Pontius Pilate,  
he suffered death and was buried,  
and rose again on the third day  
in accordance with the Scriptures.  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory  
to judge the living and the dead  
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord,  
the giver of life,  
who proceeds from the Father and the Son,  
who with the Father and the Son is adored  
and glorified,  
who has spoken through the prophets.  
I believe in one, holy, catholic and  
apostolic Church.  
I confess one Baptism for the forgiveness  
of sins  
and I look forward to the resurrection of the  
dead  
and the life of the world to come. Amen.**

**PRAYER OVER THE OFFERINGS**

Give us the right dispositions, O Lord, we pray,  
to make these offerings,  
for with them we celebrate the beginning  
of this venerable and sacred time.  
Through Christ our Lord. **Amen.**

**COMMUNION ANTIPHON**

**One does not live by bread alone,  
but by every word that comes forth from the  
mouth of God.**

**PRAYER AFTER COMMUNION**

Renewed now with heavenly bread,  
by which faith is nourished, hope increased,  
and charity strengthened,  
we pray, O Lord, that we may learn to hunger for  
Christ,  
the true and living Bread,  
and strive to live by every word  
which proceeds from your mouth.  
Through Christ our Lord. **Amen.**

**PRAYER OVER THE PEOPLE**

May bountiful blessing, O Lord, we pray,  
come down upon your people,  
that hope may grow in tribulation,  
virtue be strengthened in temptation,  
and eternal redemption be assured.  
Through Christ our Lord. **Amen.**

# Sunday Message

FIRST SUNDAY OF LENT

## THE WORD

Year A • 22 February 2026 • Colour: Violet • Psalter Week 1



### JESUS IS TESTED IN THE WILDERNESS

MATTHEW 4:1-1

After His baptism, Jesus is led by the Spirit into the wilderness, where He faces three serious temptations by the devil. This time alone tests His commitment and faithfulness to God.

Each temptation challenges Jesus to misuse His power or trust in things other than God. The devil first tempts Him to turn stones into bread, appealing to physical hunger. Jesus responds by quoting Scripture, showing that true life depends on trusting God, not just satisfying our immediate needs.

Next, the devil offers Jesus all the kingdoms of the world if He will worship him. Jesus refuses, affirming that worship belongs only to God alone.

Finally, the devil tempts Jesus to throw Himself down from the temple, expecting God to save Him miraculously. Jesus again resists, relying on Scripture and trusting God's plan without testing Him.

This story shows us Jesus' perfect obedience and trust in God, even in difficult times. It reminds us that temptation is real but can be overcome by faith, prayer, and God's Word.

We learn from Jesus that true strength comes from God, not from giving in to immediate desires or shortcuts. ■

## LEARN

"The Lord was tempted in all things as we are, but without sin. He shows us that by relying on the word of God, we can overcome the devil's lies and temptations. Our strength is not in ourselves, but in God's truth, which must guide our hearts and actions."  
(St. Augustine)

## DO

Set aside a few minutes each day to read a short passage from Scripture and quietly reflect on it. Let God's Word strengthen you to face daily challenges with faith and calm.



## SAY

Lord God,  
You showed us through Your  
Son Jesus that temptation can  
be overcome by trusting in Your  
Word.  
Help me to follow His example —  
to rely not on my own strength,  
but on Your truth and grace.  
When I face struggles and  
challenges, remind me to turn to  
Scripture and prayer for strength.  
Fill my heart with faith, so I may  
walk always in Your light.  
Amen.

## REFLECT

Jesus' journey into the wilderness shows us a powerful example of faith and trust in God. After His baptism, He is led by the Spirit into a lonely place, where He faces temptations that challenge His mission and identity.

Each temptation Jesus faces is a choice: to rely on Himself or to trust God. The devil tries to tempt Him with bread to satisfy hunger, with power over the kingdoms of the world, and with testing God's protection. But Jesus refuses to take the easy way out. Instead, He stands firm by quoting Scripture, showing us the strength that comes from knowing and trusting God's Word.

We all face temptations—moments when it's easier to give in to quick fixes, shortcuts, or selfish desires. Jesus' example teaches us that faith and obedience to God give us the strength to resist.

When life feels hard or uncertain, we can turn to God's Word and Spirit for guidance and strength, just as Jesus did. We don't have to face our struggles alone.

Today, ask yourself: How can I deepen my trust in God when I face challenges? Where can I turn to God's Word for strength and guidance? ■

