

1st Sunday of Lent (A)

Liturgical Colour: Violet.

Readings at Mass

Entrance Antiphon

Cf. Ps 90: 15-16

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,
one God, for ever and ever.

First reading

Genesis 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 the knowledge of good
and evil in the middle of the garden.

Now 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

Responsorial Psalm

Psalm 50(51):3-6,12-14,17

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

1. Have mercy on me, God, in your kindness.
In your 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

Romans 5:12-19

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

Gospel Acclamation

Mt4:4

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, king of eternal glory!

Gospel

Matthew 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 angels' 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

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.

Communion Antiphon

Mt 4: 4

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.

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.

*Copyright © 1996-2020 Universalis Publishing Limited: see
www.universalis.com. Scripture readings from the Jerusalem
Bible are published and copyright © 1966, 1967 and 1968 by
Darton, Longman & Todd, Ltd and Doubleday, a division of
Random House, Inc, and used by permission of the publishers.
Text of the Psalms: Copyright © 1963, The Grail (England).
Used with permission of A.P. Watt Ltd. All rights reserved.*