

Sunday, February 26, 2023
First Sunday in Lent

In faith, let us pray.

Glory to the Father...Amen. Alleluia!

Hymn

Meter: 10 10 10 10

Christ our Redeemer knew temptation's hour
In desert places, silent and apart;
And three times over met the tempter's power
With God's word written, hidden in his heart.
He makes not bread what God has made a stone,
He at whose bidding water turns to wine:
We are not meant to live by bread alone
But as God speaks the word of life divine.
He will not ask the fickle crowd's acclaim,
Nor flaunt the Sonship which is his by right,
Nor seem distrustful of the Father's Name
Who bids us walk by faith and not by sight.
He seeks no kingdom but by cross and grave,
For love of sinners spurning Satan's throne:
His triumph seen in those he died to save
Who, to his glory, worship God alone.

Psalm

78:9-20

It is written, "One does not live by bread alone."

(Mt 4:4)

It is when we are hungry that we most need the Bread of life and not the banquet spread by temptation. It is when we are thirsty that we most need the cup of salvation and not the wine held out by sin. It is when we are weak that we most need the strength of Christ and not our own.

he sons of Ephraim, armed with the bow,
turned back in the day of battle.
They failed to keep God's covenant
and would not walk according to his law.
They forgot the things he had done,
the marvelous deeds he had shown them.
He did wonders in the sight of their fathers,
in Egypt, in the plains of Zoan.
He divided the sea and led them through
and made the waters stand up like a wall.
By day he led them with a cloud:
by night, with a light of fire.
He split the rocks in the desert.
He gave them plentiful drink as from the deep.
He made streams flow out from the rock
and made waters run down like rivers.
Yet still they sinned against him;
they defied the Most High in the desert.
In their heart they put God to the test
by demanding the food they craved.
They even spoke against God.
They said: "Is it possible for God
to prepare a table in the desert?
It was he who struck the rock,
water flowed and swept down in torrents.

But can he also give us bread?
Can he provide meat for his people?"

Glory to the Father...

Word of God

Deuteronomy 8:2-3

Remember how for forty years now the Lord, your God, has directed all your journeying in the desert, so as to test you by affliction and find out whether or not it was your intention to keep his commandments. He therefore let you be afflicted with hunger, and then fed you with manna, a food unknown to you and your fathers, in order to show you that not by bread alone does man live, but by every word that comes forth from the mouth of the Lord.

Give us this day our daily bread. (cf. Mt 6:11)

Canticle of Zechariah

"The word is near you, / in your mouth and in your heart" / (that is, the word of faith that we preach).

(Rom 10:8))

Blessed be the Lord, the God of Israel; he has come to his people and set them free. He has raised up for us a mighty savior, born of the house of his servant David. Through his holy prophets he promised of old that he would save us from our enemies, from the hands of all who hate us. He promised to show mercy to our fathers and to remember his holy covenant.

This was the oath he swore to our father Abraham: to set us free from the hands of our enemies, free to worship him without fear, holy and righteous in his sight all the days of our life. You, my child, shall be called the prophet of the Most High; for you will go before the Lord to prepare his way, to give his people knowledge of salvation by the forgiveness of their sins. In the tender compassion of our God the dawn from on high shall break upon us, to shine on those who dwell in darkness and the shadow of death, and to guide our feet into the way of peace.

Glory to the Father...

Intercessions

Let us pray to God who protects us from evil by the power of the Word:

R/Deliver us, O Lord!

From every temptation to mistrust you: **R/**

From every temptation to think of ourselves as gods:

R/

From every temptation to seek improper material satisfactions: **R/**

From every temptation to seek power and privilege: **R/**

Personal intentions

