

TODAY'S READINGS

THE FIRST SUNDAY IN LENT

FIRST READING

Deuteronomy 26:1-11

1 When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, 2 you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. 3 You shall go to the priest who is in office at that time, and say to him, 'Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us.' 4 When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, 5 you shall make this response before the Lord your God: 'A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. 6 When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, 7 we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. 8 The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; 9 and he brought us into this place and gave us this land, a land flowing with milk and honey. 10 So now I bring the first of the fruit of the ground that you, O Lord, have given me.' You shall set it down before the Lord your God and bow down before the Lord your God. 11 Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

"For the Word of the Lord"
"Thanks be to God"

SECOND READING

Romans 10:4-13

4 For Christ is the end of the law so that there may be righteousness for everyone who believes. 5 Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' 6 But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?" ' (that is, to bring Christ down) 7 'or "Who will descend into the abyss?" ' (that is, to bring Christ up from the dead). 8 But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); 9 because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.

10 For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. 11 The scripture says, 'No one who believes in him will be put to shame.' 12 For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. 13 For, 'Everyone who calls on the name of the Lord shall be saved.'

"For the Word of the Lord"
"Thanks be to God"

GOSPEL

Luke 4:1-15

"Glory to you, Lord Jesus Christ!"

1 Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, 2 where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. 3 The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' 4 Jesus answered him, 'It is written, "One does not live by bread alone."' 5 Then the devil led him up and showed him in an instant all the kingdoms of the world. 6 And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. 7 If you, then, will worship me, it will all be yours.' 8 Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him."' 9 Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, 10 for it is written, "He will command his angels concerning you, to protect you", 11 and "On their hands they will bear you up, so that you will not dash your foot against a stone."' 12 Jesus answered him, 'It is said, "Do not put the Lord your God to the test."' 13 When the devil had finished every test, he departed from him until an opportune time. 14 Then Jesus, filled with the power of the Spirit, returned to Galilee, and a report about him spread through all the surrounding country. 15 He began to teach in their synagogues and was praised by everyone.

"Praise to you, Lord Jesus Christ!"

TODAY'S PSALM
THE FIRST SUNDAY IN LENT

PSALM 91:1-2, 9-16

¹ Assurance of God's Protection You who live in the shelter of the Most High,

who abide in the shadow of the Almighty, Traditional rendering of Heb *Shaddai*

² **will say to the Lord , 'My refuge and my fortress;
my God, in whom I trust.'**

⁹ Because you have made the Lord your refuge, Cn: Heb *Because you, Lord , are my refuge; you have made*
the Most High your dwelling-place,

¹⁰ **no evil shall befall you,
no scourge come near your tent.**

¹¹ For he will command his angels concerning you
to guard you in all your ways.

¹² **On their hands they will bear you up,
so that you will not dash your foot against a stone.**

¹³ You will tread on the lion and the adder,
the young lion and the serpent you will trample under foot.

¹⁴ **Those who love me, I will deliver;
I will protect those who know my name.**

¹⁵ When they call to me, I will answer them;
I will be with them in trouble,
I will rescue them and honour them.

¹⁶ **With long life I will satisfy them,
and show them my salvation.**