



Liturgy Cycle C

First Sunday Of Lent

To Be faithful

Introduction

We can approach Christ with great confidence that he understands us because, as today's liturgy reminds us, he shared our human weaknesses and temptations. Yet he did not sin. He remained faithful and true to his Father. He will help us who know that we have sinned, to be faithful also.

Lord Jesus, you experienced the same human weaknesses as we experienced.

Lord, have mercy.

Lord Jesus, you experienced the same temptations as we experience.

Christ, have mercy.

Lord Jesus, you experienced the same frustrations and difficulties as we experience.

Lord, have mercy.

First Reading (Deuteronomy 26:4-10)

This describes the ceremony of the offering to God of the first fruits. Through it the people recognise all that God has done for them especially in the Exodus. Our worship of God is also a recognition of his favours to us.

Second Reading (Romans 10:8-13)

The core of the Christian credo is that Jesus is our risen Saviour. If anyone, Jew or Gentile, can say that and live by it, he or she will be saved.

Gospel (Luke 4:1-13)

Jesus was tempted like we are but he did not sin. Through his grace we too can resist temptation and overcome sin.

Prayer Of The Faithful

Let us have the courage to face our real situation. If we have been living a shallow and indifferent life let us turn to God to taste his mercy. Without his help we are powerless to change our lives. If he asks us to give up something it is only because he has something better to offer us. If he asks us to die it is only because he wants us to live more fully.



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Whatever we undertake this Lent let it be something which will help us to die to self and live to God and to others.

R: Put a steadfast spirit within us, O Lord.

That we may be delivered from the worship of material things which swallow up all thought of God and spiritual things. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we may not covet a life of pleasure and comfort. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we may not hunger after popularity and our own glory. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we may have a spirit of self-denial, to be faithful in what we have decided to give up this Lent. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we break with what must be broken with once and for all. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we may be able to show mercy to others, especially to ... and so obtain mercy ourselves. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we may seek reconciliation with anyone from whom we are presently estranged. Let us pray.

R: Put a steadfast spirit within us, O Lord.

That we may be faithful to what we have undertaken as a community. Let us pray.

R: Put a steadfast spirit within us, O Lord.

Let us pray:

Support us, O Lord, in all that we have undertaken, and help us to support one another. Let your word guide us, and your Holy Spirit strengthen and inspire us, so that having died with Christ to sin, we may rise with him to a new and glorious life at Easter. We ask this through the same Christ our Lord.

Communion Reflection

It has been raining since early morning.

I have been forced to stay indoors,

meditating on the shortcomings of life.

Our competitive world has made people selfish and uncaring.

I have made up my mind to do something about it.



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**I cannot hope to convert all those people.
I'd be happy if I could convert even one person.
I will begin with the person I know best — myself.**

**But where shall I begin?
Let me see.
I know that I am lazy and selfish,
vain, proud and unforgiving.
I could be kinder, gentler and more considerate.
But what's this?
I don't believe it.
It's just stopped raining.
So I can go outdoors again.
I need some fresh air.
I'll go for a long walk.
I can reform myself tomorrow,
that is, provided it's raining,
and I'm forced to stay indoors,
meditating on the shortcomings of life.**