

First Sunday Of Lent - Year A (P 193) - 1/3/2020

ENTRANCE ANTIPHON

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

FIRST READING 2:7-9, 3:1-7 page 193

A reading from the book of Genesis.

Creation of our first parents, and sin.

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 planned 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.

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." This 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-clothes.

Responsorial Psalm

Be merciful, O Lord, for we have sinned.

The word of the Lord.



SECOND READING

A reading from the letter of St Paul to the Romans. 5:12-19 p195 Where sin increased, there grace abounded all the more.

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 and 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 to 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

Praise to you, Lord Jesus Christ, kings of endless glory! No one lives on bread alone, but on every word that comes from the mouth of God. Praise to you. Lord Jesus Christ, king of endless glory!

Page 196 4:1-11

The reading from the Holy Gospel according to Matthew.

Jesus fasted for forty days and nights.

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 temper 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, 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. If you fall at my feet and worship me."

Then Jesus replied, "Be off, Satan! For the 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. ♦



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 by every word which proceeds from your mouth.

Through Christ our Lord.





