

SUNDAY, March 9, 2025
First Sunday of Lent

Prayer for the Morning

In faith, let us pray.

Glory to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and will be for ever. Amen.

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." (Lk 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.

The 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.

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: **R/**

From every temptation to think ourselves gods: **R/**

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

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

Personal intentions

Our Father....

O Lord our God, you fill our every need, though not our every want. Grant us this Lent the grace to put our trust in you and in your desires for us, rather than in ourselves and our own desires. Purify our hearts of -every evil, that we may look forward with joy to the glory of Easter, through Christ our Lord. Amen.

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Reading 1

Deuteronomy 26:4-10

Moses spoke to the -people, saying: "The priest shall receive the basket from you and shall set it in front of the altar of the Lord, your God. Then you shall declare before the Lord, your God, 'My father was a wandering Aramean who went down to Egypt with a small household and lived there as an alien. But there he became a nation great, strong, and numerous. When the Egyptians maltreated and oppressed us, imposing hard labor upon us, we cried to the Lord, the God of our fathers, and he heard our cry and saw our affliction, our toil, and our oppression. He brought us out of Egypt with his strong hand and outstretched arm, with terrifying power, with signs and wonders; and bringing us into this country, he gave us this land flowing with milk and honey. Therefore, I have now brought you the firstfruits of the products of the soil which you, O Lord, have given me.' And having set them before the Lord, your God, you shall bow down in his presence."

Reading 2

Romans 10:8-13

Brothers and sisters: What does Scripture say?/ The word is near you,/ in your mouth and in your heart,— that is, the word of faith that we preach—, for, if you confess with your mouth that Jesus is Lord and believe

in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. For the Scripture says, No one who believes in him will be put to shame. For there is no distinction between Jew and Greek; the same Lord is Lord of all, enriching all who call upon him. For "everyone who calls on the name of the Lord will be saved."

Gospel

Luke 4:1-13

Filled with the Holy Spirit, Jesus returned from the Jordan and was led by the Spirit into the desert for forty days, to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry. The devil said to him, "If you are the Son of God, command this stone to become bread." Jesus answered him, "It is written, One does not live on bread alone." Then he took him up and showed him all the kingdoms of the world in a single instant. The devil said to him, "I shall give to you all this power and glory; for it has been handed over to me, and I may give it to whomever I wish. All this will be yours, if you worship me." Jesus said to him in reply, "It is written:/ You shall worship the Lord, your God,/ and him alone shall you serve."/ Then he led him to Jerusalem, made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down from here, for it is written:/ He will command his angels concerning you, to guard you,/ and:/ With their hands they will support you,/ lest you dash your foot against a stone."/ Jesus said to him in reply, "It also says, You shall not put the Lord, your God, to the test." When the devil had finished -every temptation, he departed from him for a time.

Men of St. Joseph Prayer

St. Joseph, help me to be like you. Help me to be obedient to the teachings of the Church and faithful to God's commands. Help me to patiently endure my cross each day. Let me be a model of holiness and a pillar of virtue. I solemnly promise to embrace God's will and I accept the challenge to work tirelessly for my family's salvation. Be my guide and companion on this journey. St. Joseph, terror of demons, pray for us!

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