

ENTRANCE ANTIPHON

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

PENITENTIAL ACT

You raise the dead to life in the Spirit:
 Lord, have mercy. **Lord, have mercy.**
 You bring pardon and peace to the sinner:
 Christ, have mercy. **Christ, have mercy.**
 You bring light to those in darkness:
 Lord, have mercy. **Lord, have mercy.**
 May almighty God have mercy on us. **Amen.**

OPENING PRAYER

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ...

LITURGY OF THE WORD

FIRST READING *Genesis 2:7-9; 3:1-7*

A reading from the book of Genesis

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 planted 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.' The 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-cloths.

The word of the Lord. Thanks be to God.

RESPONSORIAL PSALM *Ps 50: 3-6. 12-14. 17*

R. Have mercy on us, O Lord, for we have sinned.

1. Have mercy on me, God, in your kindness. In your compassion blot out my offence. O wash me more and more from my guilt and cleanse me from my sin. **[R]**
2. My offences truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **[R]**

3. A pure heart create for me, O God, put a steadfast spirit within me. Do not cast me away from your presence, nor deprive me of your holy spirit. **[R]**
4. Give me again the joy of your help; with a spirit of fervour sustain me. O Lord, open my lips and my mouth shall declare your praise. **[R]**

SECOND READING *Romans 5:12.17-19 (Shorter Form Only)*

A reading from the letter of St Paul to the Romans
 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. 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 on 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. Thanks be to God.

GOSPEL ACCLAMATION

**Praise to you, O Christ, king of eternal glory!
 Man does not live on bread alone, but on every word that comes from the mouth of God.
 Praise to you, O Christ, king of eternal glory!**

GOSPEL *Matthew 4:1 - 11*

A reading from the holy Gospel according to Matthew.

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 tempter 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,' he said, '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', he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For 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. Praise to you, Lord Jesus Christ.



focus on sunday

Each day has its own temptations towards evil. Christ himself was tempted away from good and from what he knew was best in life. As the angels looked after him in his temptation, so he and his saints look after us in ours.



APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord,

**All bow for following two lines:
 who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.**

LITURGY OF THE EUCHARIST

Pray brothers and sisters,
 May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

AFTER THE CONSECRATION

The mystery of faith.
We proclaim your Death, O Lord, and profess your Resurrection until you come again.

INVITATION TO HOLY COMMUNION

Behold the Lamb of God,
Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

PRAYER OVER THE PEOPLE

May bountiful blessing, O Lord, we pray, come down upon your people, that hope may grow in tribulation, virtue be strengthened in temptation, and eternal redemption be assured. Through Christ our Lord.



I was driving and pulled up at the traffic lights. I shared the space with a few other cyclists. A car was pulling across the road and was let into the space by a kindly motorist. When he pulled into the queue of traffic his bumper was ever so slightly in the cycling lane. Not a problem; no one wanted his tail end sticking out on on-coming traffic on the other side of the road. There was a courteous facilitation of his plight.

A cyclist appeared out of nowhere. He stopped and uttered some very colourful expletives to the motorist. Other cyclists, looked at one another, wondering what his problem was and then watched with amazement at what happened next. Having finished his tirade he belted off, breaking two red lights within a hundred yards of each other. The reflection is not about the merits of cycling nor is it the foundation of one of the many discussions that are had on the airwaves between motorists and cyclists.

This reflection is more about anger. There is a lot of it about. You don't have to be long on the road whether you are on a bike, in a car, or some other vehicle to spot anger, even to feel it. I suppose people get angry because they feel someone is in their way or they do something that the person who gets angry considers to be foolish. Maybe we do get in others' way or maybe we do foolish things, but an angry response normally helps no one. As a matter of fact, anger begets anger and even provokes more of it so it doesn't go away, and it can leave us feeling sorry for ourselves or even a feeling a little self-righteous – I'm right and the whole world is wrong.

Traditionally in Lent we've given up things or we've done other things to help us on our spiritual journey -this Lent why not watch the anger levels, remembering of course that not all anger is unjustified, and in the face of wrongdoing righteous anger can have a place but it can't last for ever..

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