# Sunday 26 February 2023 First Sunday of Lent

## COLLECT

Almighty God,
whose Son Jesus Christ fasted forty days
in the wilderness,
and was tempted as we are, yet without
sin:
give us grace to discipline ourselves in
obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
through Jesus Christ your Son our Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

## FIRST READING Genesis 2:15-17; 3:1-7

*A reading from the book of Genesis.*

The LORD God took the man and put him in the garden of Eden to till it and keep it. And the LORD God commanded the man, "You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die." Now the serpent was more crafty than any other wild animal that the LORD God had made. He said to the woman, "Did God say, 'You shall not eat from any tree in the garden'?" The woman said to the serpent, "We may eat of the fruit of the trees in the garden; but God said, 'You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.'" But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

## PSALM Psalm 32

**R** *Be glad, you righteous, and rejoice in the Lord.*

Happy the one whose transgression is
forgiven,
and whose sin is covered.
Happy the one to whom the Lord imputes
no guilt,
and in whose spirit there is no guile. **R**

For I held my tongue;
my bones wasted away
through my groaning all the day long.
Your hand was heavy upon me day and
night;
my moisture was dried up like the drought
in summer.
Then I acknowledged my sin to you
and my iniquity I did not hide. **R**

I said, "I will confess my transgressions to
the Lord,"
and you forgave the guilt of my sin.
Therefore let all the faithful make their
prayers to you in time of
trouble; in the great water flood, it shall
not reach them.
You are a place for me to hide in;
you preserve me from trouble;
you surround me with songs
of deliverance. **R**

"I will instruct you and teach you
in the way that you should go;
I will guide you with my eye.
Be not like horse and mule which have no
understanding;
whose mouths must be held with bit and
bridle, or else they will not stay near
you." **R**

Great tribulations remain for the wicked,
but mercy embraces those who trust in
the Lord.
Be glad, you righteous, and rejoice in the
Lord;
shout for joy, all who are true of heart. **R**

## SECOND READING Romans 5:12-19

*A reading from the letter of Paul to the Romans.*

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned – sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so the act of righteousness of one leads to justification and life for all. For just as by the one person's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

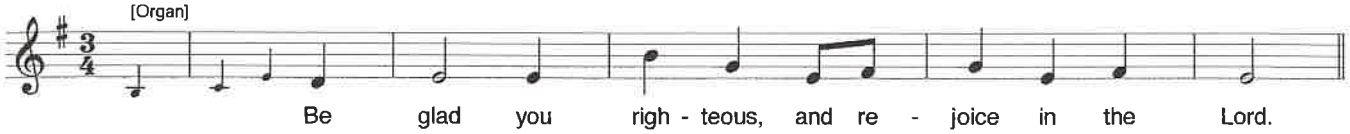
## GOSPEL Matthew 4:1-11

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down; for it is written, 'He will command his angels concerning you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

## POST COMMUNION

Lord God,
you have renewed us with the living bread
from heaven;
by it you nourish our faith,
increase our hope,
and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord.

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