

# First Sunday in Lent

## INTRODUCTION

INTROIT HYMN—**75**

*Celebration Hymnal*

In the name of the Father,  
and of ✠ the Son,  
and of the Holy Spirit.

*All respond: Amen.*

The Lord be with you.  
**And also with you.**

*The PRAYERS OF PENITENCE are introduced.*

**Lord God, we have sinned against you;  
we have done evil in your sight.  
We are sorry and repent.  
Have mercy on us according to your love.  
Wash away our wrongdoing  
and cleanse us from our sin.  
Renew a right spirit within us  
and restore us to the joy of your salvation,  
through Jesus Christ our Lord. Amen.**

May the God of love and power  
forgive ✠ you and free you from your sins,  
heal and strengthen you by his Spirit,  
and raise you to new life in Christ our Lord.  
**Amen.**

KYRIE ELEÏSON *is sung.*

**Kyrie, eleïson.** (× 3) *(Lord, have mercy.)*  
**Christe, eleïson.** (× 3) *(Christ, have mercy.)*  
**Kyrie, eleïson.** (× 3) *(Lord, have mercy.)*

*All remain standing for the 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. **Amen.**

## LITURGY OF THE WORD

Readings for Year B

FIRST READING

*Gen 9.8–17*

A reading from the book of Genesis.

God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

This is the Word of the Lord.  
**Thanks be to God.**

R. To you, O Lord, I lift up my soul.

(All repeat)

Show me your ways, O Lord,  
and teach me your paths.  
Lead me forth in your truth,  
for you are God my saviour. R.

Good and righteous is the Lord;  
he brings back those who stray.  
He guides the meek in his ways,  
and shows his paths to the lowly. R.

All his ways are mercy and truth  
for those who are faithful to his word.  
To those who love him, he reveals his mind,  
and shows them all his will. R.

## SECOND READING

1 Pet 3.18–22

A reading from the first letter of Peter.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you – not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the Word of the Lord.

**Thanks be to God.**

## GRADUAL HYMN

1. **With joy and by the Spirit led,  
the Church of Christ seeks desert paths,  
all else forgotten, God alone  
to worship and to follow there.**

2. **There silence shall set free the will,  
the heart to one desire restore.  
There each restraint shall purify  
and strengthen those who seek the Lord.**
3. **There bread from heaven shall sustain  
and water from the rock be struck.  
There shall his people hear his word,  
the living God encounter there.**
4. **All praise to God who calls his church  
to make her exodus from sin,  
that tested, fasting and prepared,  
she may go up to keep the feast.**

## GOSPEL ACCLAMATION

Mt 4.4

**Praise to you, O Christ, King of eternal glory.**

Man does not live by bread alone:

but by every word that comes from the mouth  
of God.

**Praise to you, O Christ, King of eternal glory.**

## GOSPEL READING

Mk 1.9–15

The Lord be with you.

**And also with you.**

Hear the Gospel ✠ of our Lord Jesus Christ  
according to Mark.

**Glory to you, O Lord.**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove. And a voice came from heaven, “You are my beloved Son; with you I am well pleased.”

The Spirit immediately drove him out into the wilderness. And he was in the wilderness forty days, being tempted by Satan. And he was with the wild animals, and the angels were ministering to him.

Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God, and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

This is the Gospel of the Lord.

**Praise to you, O Christ.**

*All stand to recite the* NICENE CREED.

**We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is, seen and unseen.**

**We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one Being with the Father; through him all things were made. For us and for our salvation he came down from heaven,**

*(all bow)* **was incarnate from the Holy Spirit and the Virgin Mary, and was made man.**

*(all rise)* **For our sake he was crucified under Pontius Pilate; he suffered death and was buried. On the third day he rose again in accordance with the Scriptures; he ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.**

**We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified, who has spoken through the Prophets. We believe in one holy catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life ✠ of the world to come. Amen.**

*The INTERCESSIONS are introduced, and all kneel. One of these responses may be used:*

*℣.* Lord, hear us. *℟.* Lord, graciously hear us. *or* *℣.* Lord, in your mercy, *℟.* Hear our prayer.

*At the Commemoration of the Departed:*

*℣.* Rest eternal ✠ grant unto them, O Lord;  
*℟.* And let light perpetual shine upon them.

*The Intercessions end:*

Merciful Father,  
**Accept these prayers, for the sake of your Son, our Saviour Jesus Christ. Amen.**

## LITURGY OF THE SACRAMENT

*All stand as the priest introduces the* PEACE.

The peace of the Lord be always with you.

**And also with you.**

OFFERTORY HYMN— **319**

*The people unite their prayers with the priest, who says the* PRAYER OVER THE OFFERINGS.

Pray, my brothers and sisters, that my sacrifice and yours may be acceptable to God, the almighty Father.

**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 Church.**

We pray you, almighty God, make us fit to offer these gifts, by which we celebrate the beginning of the holy season of Lent; through Christ our Lord. **Amen.**

EUCCHARISTIC PRAYER

The Lord be with you.

**And also with you.**

Lift up your hearts.

**We lift them to the Lord.**

Let us give thanks to the Lord our God.

**It is right to give him thanks and praise.**

*The PREFACE follows.*

*All respond with the* SANCTUS & BENEDICTUS.

**Holy, holy, holy Lord, God of power and might, heaven and earth are full of your glory. Hosanna in the highest.**

**Blessed is he ✠ who comes in the name of the Lord. Hosanna in the highest.**

*All kneel. After the Consecration, all acclaim:*

Jesus Christ is Lord:

**Lord, by your cross and resurrection you have set us free.**

**You are \* the Saviour of the world (\* × 2).**

*The Eucharistic Prayer continues, and ends:*

... for ever and ever. **Amen.**

## RITE OF COMMUNION

*The priest introduces the LORD'S PRAYER.*

**Our Father, who art in heaven,  
hallowed be thy name;  
thy kingdom come;  
thy will be done, on earth as it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
as we forgive those who trespass against us.  
And lead us not into temptation;  
but deliver us from evil.**

**For thine is the kingdom,  
the power and the glory,  
for ever and ever. Amen.**

*The priest breaks the Host; AGNUS DEI is sung.*

**Lamb of God,  
you take away the sin of the world:  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world:  
have mercy on us.**

**Lamb of God,  
you take away the sin of the world:  
grant us peace.**

*The priest gives the COMMUNION INVITATION.*

Draw near with faith. Receive the body of our Lord Jesus Christ which he gave for you, and his blood which he shed for you.

Eat and drink in remembrance that he died for you, and feed on him in your hearts by faith with thanksgiving.

*Holy Communion is distributed.*

COMMUNION HYMN—**351**

*The priest says the POST-COMMUNION prayer.*

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. **Amen.**

## CONCLUSION

*The priest gives the BLESSING and DISMISSAL.*

The Lord be with you.

**And also with you.**

... The blessing of God almighty, the Father, the Son, ✠ and the Holy Spirit, be among you, and remain with you always. **Amen.**

Go in the peace of Christ.

**Thanks be to God.**

RECESSIONAL HYMN—**171**

*The service may be followed by the ANGELUS.*

℣. The angel of the Lord declared unto Mary:

℟. **And she conceived by the Holy Spirit.**

Hail Mary, full of grace, the Lord is with thee;  
blessed art thou among women,  
and blessed is the fruit of thy womb, Jesus.

**Holy Mary, Mother of God,  
pray for us sinners, now,  
and at the hour of our death. Amen.**

℣. Behold the handmaid of the Lord:

℟. **Be it unto me according to thy word.**

Hail Mary ...

℣. And the Word was made flesh:

℟. **And dwelt among us.**

Hail Mary ...

℣. Pray for us, O holy Mother of God:

℟. **That we may be made worthy of the promises of Christ.**

Let us pray. Pour forth, we beseech you, O Lord, your grace into our hearts; that we to whom the Incarnation of Christ, your Son, was made known by the message of an angel, may by his Passion and Cross ✠ be brought to the glory of his Resurrection; through the same Christ our Lord. **Amen.**

18.2.23