

Sunday, February 18, 2024
First Sunday of Lent

Prayer for the Morning

In faith, let us pray.

Glory to the Father...Amen. Alleluia

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

Genesis 9:8-15

God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth." God added: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between me and you and all living beings, so that the waters shall never again become a flood to destroy all mortal beings."

Reading 2

1 Peter 3:18-22

Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear 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 subject to him.

Gospel

Mark 1:12-15

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee -proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

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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