

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." (Mt 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 see our constant need for the strength of Christ.
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. (cf. Mt 6:11)

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 you: **R/**

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

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

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

Personal intentions

Our Father....

Lord our God, you are loving and merciful to all who turn to you in humility. Draw us ever deeper in your embrace

as we seek to please you through holy lives. Through Christ our Lord. Amen.

Sunday, February 22 2026
First Sunday of Lent

Reading 1

Genesis 2:7-9; 3:1-7

The Lord God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being.

Then the Lord God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the Lord God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil.

Now the serpent was the most cunning of all the animals that the Lord God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

Reading 2

5:12-19

[For the shorter form (5:12, 17-19), omit the text in brackets.]

Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned — for up to the time of the law, sin was in the world, though sin is not accounted when there is no law. But death reigned from Adam to Moses, even over those who did not sin after the pattern of the trespass of Adam, who is the type of the one who was to come.

But the gift is not like the transgression. For if by the transgression of the one, the many died, how much more did the grace of God and the gracious gift of the one man Jesus Christ overflow for the many. And the gift is not like the result of the one who sinned.

For after one sin there was the judgment that brought condemnation; but the gift, after many transgressions, brought acquittal. For if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.

Gospel

Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written:

One does not live on bread alone,/ but on every word that comes forth/ from the mouth of God."

Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written:

He will command his angels concerning you/ and with their hands they will support you,/ lest you dash your foot against a stone."

Jesus answered him, "Again it is written, You shall not put the Lord, your God, to the test." Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written:

The Lord, your God, shall you worship/ and him alone shall you serve."

Then the devil left him and, behold, angels came and ministered to him.

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!