

09 March 2025

THE FIRST SUNDAY OF LENT



Collect and Readings for the Holy Communion

COLLECT

Almighty God,
whose Son Jesus Christ did fast forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to thy Spirit;
and, as thou knowest our weakness,
so may we know thy power to save;
through Jesus Christ thy Son our Lord,
who liveth and reigneth with thee,
in the unity of the Holy Spirit,
one God, now and for ever. Amen

EPISTLE Romans 10. 8b-13

But what does it say?
'The word is near you,
 on your lips and in your heart'
(that is, the word of faith that we proclaim); because if you confess with your lips
that Jesus is Lord and believe in your heart that God raised him from the dead,
you will be saved. For one believes with the heart and so is justified, and one
confesses with the mouth and so is saved. The scripture says, 'No one who
believes in him will be put to shame.' For there is no distinction between Jew
and Greek; the same Lord is Lord of all and is generous to all who call on
him. For, 'Everyone who calls on the name of the Lord shall be saved.'

GOSPEL Luke 4 1-13

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, 'If you are the Son of God, command this stone to become a loaf of bread.' Jesus answered him, 'It is written, "One does not live by bread alone." '

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, 'To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.' Jesus answered him, 'It is written, "Worship the Lord your God, and serve only him." '

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down from here, for it is written,

"He will command his angels concerning you,
to protect you",

and

"On their hands they will bear you up,
so that you will not dash your foot against a stone." '

Jesus answered him, 'It is said, "Do not put the Lord your God to the test." ' When the devil had finished every test, he departed from him until an opportune time.

PRAYER OF SPIRITUAL COMMUNION

(for those who are worshipping at home online)

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
May I know you more clearly, love you more dearly,
and follow you more nearly, day by day. Amen.