

that death reigned over everyone as the consequence of one man's fall, it is even more certain that one man, Jesus Christ, will cause everyone to reign in life who receives the free gift that he does not deserve, of being made righteous. Again, as one man's fall brought condemnation on everyone, so the good act of one man brings everyone life and makes them justified. As by one man's disobedience many were made sinners, so by one man's obedience many will be made righteous. †

The word of the Lord. **Thanks be to God.**

GOSPEL ACCLAMATION (Mt 4:4)

Praise to you, O Christ, king of eternal glory!

Man does not live on bread alone but on every word that comes from the mouth of God.

Praise to you, O Christ, king of eternal glory!

GOSPEL (Mt 4:1-11)

The Lord be with you. **And with your spirit.**

 A reading from the holy Gospel according to Matthew. **Glory to you, O Lord.**

Jesus was led by the Spirit out into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, after which he was very hungry, and the tempter came and said to him, 'If you are the Son of God, tell these stones to turn into loaves.' But he replied, 'Scripture says:

Man does not live on bread alone
but on every word that comes from the mouth
of God.'

The devil then took him to the holy city and made him stand on the parapet of the Temple. 'If you are the Son of God,' he said, 'throw yourself down; for scripture says:

He will put you in his angels' charge,
and they will support you on their hands
in case you hurt your foot against a stone.'

Jesus said to him, 'Scripture also says:

You must not put the Lord your God to the test.'

Next, taking him to a very high mountain, the devil showed him all the kingdoms of the world and their splendour. 'I will give you all these,' he said, 'if you fall at my feet and worship me.' Then Jesus replied, 'Be off, Satan! For scripture says:

You must worship the Lord your God,
and serve him alone.'

Then the devil left him, and angels appeared and looked after him.

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

Profession of Faith (Apostles' Creed)

I believe in God, / the Father almighty, / Creator of heaven and earth, / and in Jesus Christ, his only Son, our Lord,

At the words that follow, up to and including the Virgin Mary, all bow.

who was conceived by the Holy Spirit, / born of the Virgin Mary, / suffered under Pontius Pilate, / was crucified, died and was buried; / he descended into hell; / on the third day he rose again from the dead; / he ascended into heaven, / and is seated at the right hand of God the Father almighty; / from there he will come to judge the living and the dead.

I believe in the Holy Spirit, / the holy catholic Church, / the communion of saints, / the forgiveness of sins, / the resurrection of the body, / and life everlasting. Amen.

The priest introduces the Prayer of the Faithful.

THE LITURGY OF THE EUCHARIST

Pray, brethren (brothers and sisters), ...

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 holy Church.

Eucharistic Prayer

The Lord be with you. **And with your spirit.**
Lift up your hearts. **We lift them up to the Lord.**
Let us give thanks to the Lord our God. **It is right and just.**

Sanctus

Holy, Holy, Holy Lord God of hosts. ...

After the Consecration

The mystery of faith.

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

THE COMMUNION RITE

The peace of the Lord be with you always.

And with your spirit.

As the priest breaks the consecrated Host the following is sung or said:

Lamb of God, you take away the sins ...

Behold the Lamb of God, ...

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

Communion Antiphon

**One does not live by bread alone,
but by every word that comes forth
from the mouth of God.**

(Mt 4:4)

The People's Mass

22 February 2026
FIRST SUNDAY OF LENT / A

THE INTRODUCTORY RITES

Entrance Antiphon (Cf. Ps 90:15-16)

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

In the name of the Father, and of the Son, ... **Amen.**
The grace of our Lord ... **And with your spirit.**

Penitential Act

Brethren (brothers and sisters), ...

A brief pause for silence follows.

I confess to almighty God / and to you, my brothers and sisters, / that I have greatly sinned, / in my thoughts and in my words, / in what I have done and in what I have failed to do,

And, striking their breast, they say:

through my fault, through my fault, / through my most grievous fault; / therefore I ask blessed Mary ever-Virgin, / all the Angels and Saints, / and you, my brothers and sisters, / to pray for me to the Lord our God.

May almighty God have mercy on us, ... **Amen.**

Lord, have mercy. **Lord, have mercy.**
Christ, have mercy. **Christ, have mercy.**
Lord, have mercy. **Lord, have mercy.**

(The Gloria is not said.)

THE LITURGY OF THE WORD

FIRST READING (Gn 2:7-9; 3:1-7)

A reading from the book of Genesis.

The Lord God fashioned man of dust from the soil. Then he breathed into his nostrils a breath of life, and thus man became a living being.

The Lord God planted a garden in Eden which is in the east, and there he put the man he had fashioned. The Lord God caused to spring up from the soil every kind of tree, enticing to look at and good to eat, with the tree of life and the tree of the knowledge of good and evil in the middle of the garden.

The serpent was the most subtle of all the wild beasts that the Lord God had made. It asked the woman, 'Did God really say you were not to eat from any of the trees in the garden?' The woman answered the serpent, 'We may eat the fruit of the trees in the garden. But of the fruit of the tree in the middle of the garden God said, "You must not eat it, nor touch it, under pain of death".' Then the serpent said to the woman, 'No! You will not die! God knows in fact that on the day you eat it your eyes will be opened and you

will be like gods, knowing good and evil.' The woman saw that the tree was good to eat and pleasing to the eye, and that it was desirable for the knowledge that it could give. So she took some of its fruit and ate it. She gave some also to her husband who was with her, and he ate it. Then the eyes of both of them were opened and they realised that they were naked. So they sewed fig-leaves together to make themselves loin-cloths.

The word of the Lord. **Thanks be to God.**

RESPONSORIAL PSALM (Ps 50:3-6.12-14.17)

**℟ Have mercy on us, O Lord,
for we have sinned.**

1. Have mercy on me, God, in your kindness.
In your compassion blot out my offence.
O wash me more and more from my guilt
and cleanse me from my sin. **℟**
2. My offences truly I know them;
my sin is always before me.
Against you, you alone, have I sinned;
what is evil in your sight I have done. **℟**
3. A pure heart create for me, O God,
put a steadfast spirit within me.
Do not cast me away from your presence,
nor deprive me of your holy spirit. **℟**
4. Give me again the joy of your help;
with a spirit of fervour sustain me.
O Lord, open my lips
and my mouth shall declare your praise. **℟**

SECOND READING (Rm 5:12-19)

(For Shorter Form, read between † †.)

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

† Sin entered the world through one man, and through sin death, and thus death has spread through the whole human race because everyone has sinned. † Sin existed in the world long before the Law was given. There was no law and so no one could be accused of the sin of 'law-breaking', yet death reigned over all from Adam to Moses, even though their sin, unlike that of Adam, was not a matter of breaking a law.

Adam prefigured the One to come, but the gift itself considerably outweighed the fall. If it is certain that through one man's fall so many died, it is even more certain that divine grace, coming through the one man, Jesus Christ, came to so many as an abundant free gift. The results of the gift also outweigh the results of one man's sin: for after one single fall came judgement with a verdict of condemnation, now after many falls comes grace with its verdict of acquittal. † If it is certain

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