

P: The peace of the Lord be with you always.

**All: And also with you.**

[P: Let us offer each other the sign of peace.

*All may make a sign of peace according to local custom.]*

#### Breaking of the Bread

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

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

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

#### Invitation to Communion

*Taking the host, the priest says aloud:*

P: This is the Lamb of God who takes away the sins of the world. Happy are those who are called to his supper.

**All: Lord, I am not worthy to receive you, but only say the word and I shall be healed.**

#### Communion of Priest and People

*Those now in communion with the Catholic Church share in the Eucharist. Anyone who is not a Catholic is still welcome to receive a sign of unity and support—a blessing—by approaching the front with arms crossed over your chest.*

#### Communion Antiphon

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

## CONCLUDING RITE

#### Blessing and Dismissal

P: The Lord be with you.

**All: And also with you.**

P: May the Lord bless you and keep you.

**All: Amen.**

P: May his face shine upon you, and be gracious to you.

**All: Amen.**

P: May he look upon you with kindness, and give you his peace.

**All: Amen.**

P: May almighty God bless you, the Father, and the Son, + and the Holy Spirit.

**All: Amen.**

P: Go in the peace of Christ.

**All: Thanks be to God.**

*A final hymn may be sung.*

## FIRST SUNDAY OF LENT



## INTRODUCTORY RITES

#### Entrance Antiphon (or a Hymn may be sung)

**When he calls to me, I will answer; I will rescue him and give him honour. Long life and contentment will be his.**

#### Introduction and Penitential Rite

*After the priest's greeting, the people are invited to approach the Mass 'with humble and contrite hearts': the following form may be used:*

**All: I confess to almighty God, and to you, my brothers and sisters, that I have sinned through my own fault, in my thoughts and in my words, in what I have done, and in what I have failed to do; and 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.**

P: May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

**All: Amen.**

P: Lord, have mercy.

**All: Lord, have mercy.**

P: Christ, have mercy.

**All: Christ, have mercy.**

P: Lord, have mercy.

**All: Lord, have mercy.**

#### Opening Prayer

*The priest says the prayer; the people reply:*

**All: Amen.**

## LITURGY OF THE WORD

#### First Reading: Genesis 2:7-9; 3:1-7

*The creation and sin of our first parents.*

#### Responsorial Psalm

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

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.

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.

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.

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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:* Romans 5:12-19 (or 5:12.17-19)  
However great the number of sins committed,  
grace was even greater.

#### Gospel Acclamation

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

#### Gospel

P: The Lord be with you.

**A: And also with you.**

P: A reading from the holy gospel according to  
Matthew

**A: Glory to you, Lord.**

Matthew 4:1-11

*Jesus fasts for forty days and is tempted.*

P: This is the gospel of the Lord.

**A: Praise to you, Lord Jesus Christ.**

#### Profession of Faith (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 during these two lines:*

**by the power of the Holy Spirit he became incarnate from the Virgin Mary, and was made man.**

**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. With the Father and the Son he is worshipped and glorified. He 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.**

#### Prayer of the Faithful

*Each intercession is followed by a response such as:*

R: Lord, in your mercy.

**All: Hear our prayer.**

*or*

R: Lord, hear us.

**All: Lord, graciously hear us.**

*There is a pause for silent prayer: the conclusion is said by the priest, to which all reply: Amen.*

## LITURGY OF THE EUCHARIST

#### Preparation of the Gifts

*A hymn may be sung as the gifts are collected and presented at the altar.*

*When all is ready, the priest says:*

P: Pray, brethren, that my sacrifice and yours may be acceptable to God, the almighty Father.

**All: 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.**

#### Eucharistic Prayer

P: The Lord be with you.

**All: And also with you.**

P: Lift up your hearts.

**All: We lift them up to the Lord.**

P: Let us give thanks to the Lord our God.

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

*The priest says the Preface: all join in the acclamation:*

**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.**

*(This text should be sung at Sunday Mass: musical settings may use slightly different words—please consult your hymnal.)*

*The priest says the Eucharistic prayer of thanksgiving, recalling the command of Jesus Christ, 'Do this in memory of me'.*

*The priest introduces and all then acclaim:*

P: Let us proclaim the mystery of faith:

**All: Dying you destroyed our death, rising you restored our life. Lord Jesus, come in glory.**

*(There are four possible texts for this acclamation, one of which ideally should be sung at Sunday Mass: please consult your hymnal.)*

*At the Doxology at the end of the Eucharistic Prayer, all join in the Great Amen.*

## COMMUNION RITE

#### The Lord's Prayer

P: Let us pray with confidence to the Father in the words our Saviour gave us:

**All: 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.**

*The priest prays, then all conclude:*

**All: For the kingdom, the power, and the glory are yours, now and for ever.**

P: Lord Jesus Christ, you said to your apostles: I leave you peace, my peace I give you. Look not on our sins, but on the faith of your Church, and grant us the peace and unity of your kingdom where you live for ever and ever.

**All: Amen.**