

# First Sunday of Lent



Take me home!

09.03.2025

## Priest's Tidings

If our faith is truly an integral part of our lives, we should be so much aware of its riches that we cannot keep it to ourselves. What we see in it, what we live in it, we want to share with others. If it makes us feel happy and secure in God, we realize it is given not only for ourselves. Let us make others happy and rich in faith: that is the vocation of every Christian. Let us ask the Lord here in the Eucharist that we may bring him to others, at least by the way we live. It is fortunate that the new liturgy has opened the Bible for us. Not only do we hear it now in our own language but also the number and selection of texts read to us has improved immensely. No wonder many people now have a Bible and regularly read from it. Why do we read the Bible? Is it only to seek consolation in it or is it that we want to know God better, especially through encountering Jesus and his message? When we know God better, do we bring others closer to God? Jesus asks of us today to spread his word and message. Let us listen to him as he speaks to us.



*Fr. Hugo*

**Entrance Hymn:**  
702 – Lead us heavenly Father, lead us,

## Collect:

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever...**Amen.**

## First Reading:

Reading from the book of Deuteronomy.

Moses spoke to the people: 'The priest shall take the basket from your hand and set it down before the altar of the Lord your God. And you shall make response before the Lord your God, "A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the Lord, the God of our fathers, and the Lord heard our voice and saw our affliction, our toil, and our oppression. And the Lord brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O Lord, have given me." And you shall set it down before the Lord your God and worship before the Lord your God.'

This is the word of the Lord

**Thanks be to God.**

## Responsorial Psalm

**R./Be with me, O Lord, in my distress..**

He who dwells in the shelter of the Most High, and abides in the shade of the Almighty, says to the Lord, 'My refuge, my stronghold, my God in whom I trust!'. **R/**

Upon you no evil shall fall, no plague approach your tent. For you has he commanded his angels to keep you in all your ways. **R/**

They shall bear you upon their hands, lest you strike your foot against a stone. On the lion and the viper you will tread, and trample the young lion and the serpent..**R./**

Since he clings to me in love, I will free him, protect him, for he knows my name. When he calls on me, I will answer him; I will be with him in distress; I will deliver him, and give him glory..**R./**

## Second Reading:

Reading from the first letter of Saint Paul to the Romans.

Brothers and Sisters: What does Scripture say? 'The word is near you, in your mouth and in your heart' (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, 'Everyone who believes in him will not be put to shame.' For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For, 'everyone who calls on the name of the Lord will be saved.'

This is the word of the Lord

**Thanks be to God**

## Gradual Hymn:

698 – King of glory, King of peace,,

## Gospel Reading

Hear the The Gospel of our Lord Jesus Christ according to Luke .

**Glory to you, O Lord.**

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry. The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone." '

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.' And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve." '

And he took him to Jerusalem and set him on the pinnacle of the temple and said 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 guard you", and "On their hands they will bear you up, lest you strike your foot against a stone." ' And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test." '

And when the devil had ended every temptation, he departed from him until an opportune time.

This is the Gospel of the Lord  
**Praise to you, O Christ**



## Prayers of Intercession

God, we thank you for our talents and abilities and for all the people who help us to achieve in life. We ask your blessing upon all who set high ideals and hopes for our society and the world. We pray for all who are striving to improve their lives and the communities in which they live. We give thanks for the Church and its ministers and ask your guidance and grace to be upon it. We remember all who are struggling against evil and wickedness at this time.

Lord, as you forgive and offer us newness of life,  
**help us to forgive.**

We remember in your presence all who have given their lives in the service and care of others. We pray for those who seek to keep law and order, all who influence the minds of the young and all who shape our society by their actions. We ask your blessing especially on those who stand against evil at the risk of their own lives or well-being.

Lord, as you forgive and offer us newness of life,  
**help us to forgive.**

We give thanks for our homes and our loved ones. Lord, may we make our homes fit for your presence and able to reveal your love. We pray for all who harbour anger, resentment or hatred in their hearts. May they learn the joy and freedom of forgiveness and mercy.

Lord, as you forgive and offer us newness of life,  
**help us to forgive.**

Lord God, we thank you for your loving kindness towards us. We pray for all who are caught up in crime, in violence or in drugs, for all who have lost hold on a good way of life. May they discover a new way and a new freedom in you. We pray for victims of crime or any who have been injured through the carelessness of others. We remember also all who are ill at home or in hospital, especially those known to us.

Lord, as you forgive and offer us newness of life,  
**help us to forgive.**

We rejoice in the witness of the saints who sought to live holy and righteous lives. We pray for our loved ones departed: may they know newness of life in your kingdom and enjoy your presence and love for ever..

Merciful Father, **accept these prayers for the sake of your Son, our Saviour Jesus Christ. Amen.**

**Offertory Hymn:**

394 – Tell out, my soul, the greatness of the Lord!

**Communion Hymn:**

587 – Amazing grace (how sweet the sound),,,

**Post Communion Prayer:**

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord. **Amen.**

**Recessional Hymn:**

227 – Crown him with many crowns,

## Prayer and Meditation

### Lectio:

Jesus on his divine mission is led by the Holy Spirit into the desert. He stays there for forty days and fasts the whole time. Forty is significant as a time of preparation in the Old Testament. It recalls Moses fasting forty days on Mount Sinai (Exodus 34:28) and the Israelites spending forty years in the wilderness before entering the Promised Land (Deuteronomy 8:2-3, 29:5-6).

We only hear about three specific temptations, but it is clear that this was not the only time Jesus was tempted: the Devil left him 'for a while' (verse 13).

The Devil tempts Jesus to use his supernatural power to meet his own physical need. Jesus rejects this misuse of his power. He identifies with you and me. We need more than just physical food. The implication is clear that we also need 'spiritual food' from God.

The Devil then offers to hand over power over the nations if Jesus will worship him. Jesus had indeed come to save people from the Devil's control, but not this way.

Lastly the Devil tempts Jesus to prove his divine nature by throwing himself off the temple so God will send his angels to rescue him.

These three temptations illustrate the core of every temptation: the desire to push God aside, to

regard him secondary and redundant, to rely solely on one's own strength, and to put the world right without God.

Jesus is not deceived by the Devil's cunning deceptions even when he uses scripture itself to tempt him. Jesus rebuts every temptation with scripture, quoting successively from Deuteronomy 8:3, 6:13 and 6:16. Authentic interpretation of a portion of scripture must be consistent with the whole of scripture.

For Jesus and for us, the essence of all temptation is to be offered an appealing alternative to God's way of doing things rather than obeying him.

### Contemplatio

Spend some time treasuring the promises in Romans 10:9-11:

'If you confess that Jesus is Lord and believe that God raised him from death, you will be saved.' (v.9)

'Whoever believes in him will not be disappointed.' (v.11)

### Meditatio:

- What helped Jesus reject these temptations? What lessons can we learn to help us overcome the temptations we face? Consider what 'spiritual food' will help us stay close to God.
- Jesus was single-minded about doing things God's way.

He avoided being deceived into doing anything else. How can we try to follow his example?

- Consider this verse from Hebrews 4:15. What encouragement does it offer us? 'Our High Priest is not one who cannot feel sympathy for our weaknesses. On the contrary, we have a High Priest who was tempted

in every way that we are, but did not sin.'

**Oratio:**

The Lord's prayer (Matthew 6:9-13) reminds us to pray about temptation. Throughout the week ask God to deliver you from the things that tempt you. Use the words from Psalm 91 to inspire your prayers today.

**What's happening in our Parish!**

**Sunday — Mass at 9:30 am**

**Celebration Dates for your Diary**

Mothering Sunday 30th March-  
Easter Sunday 20th April-  
First Communion Sunday 11th  
May -Cathedral Confirmations  
Saturday 7th June

**Summer Youth Pilgrimage**

We are excited to announce that we are taking part in the national youth pilgrimage to Walsingham, where 500 young people from across the country will attend from the 4th-8th August. The total cost is £100, but places are limited so to

secure your place, please register

before the 30th April and pay a £50 deposit (the remaining £50 is due by June 30th).

**Youth Club**

Our Youth Club currently runs every week on Fridays from 5-7pm at Christ Church, 90 Brixton Road. Please spread the word!

**Donate :**

We receive no regular state funding to look after St Matthew's building. Anything you are able to give is greatly appreciated.



**CONTACT US**

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