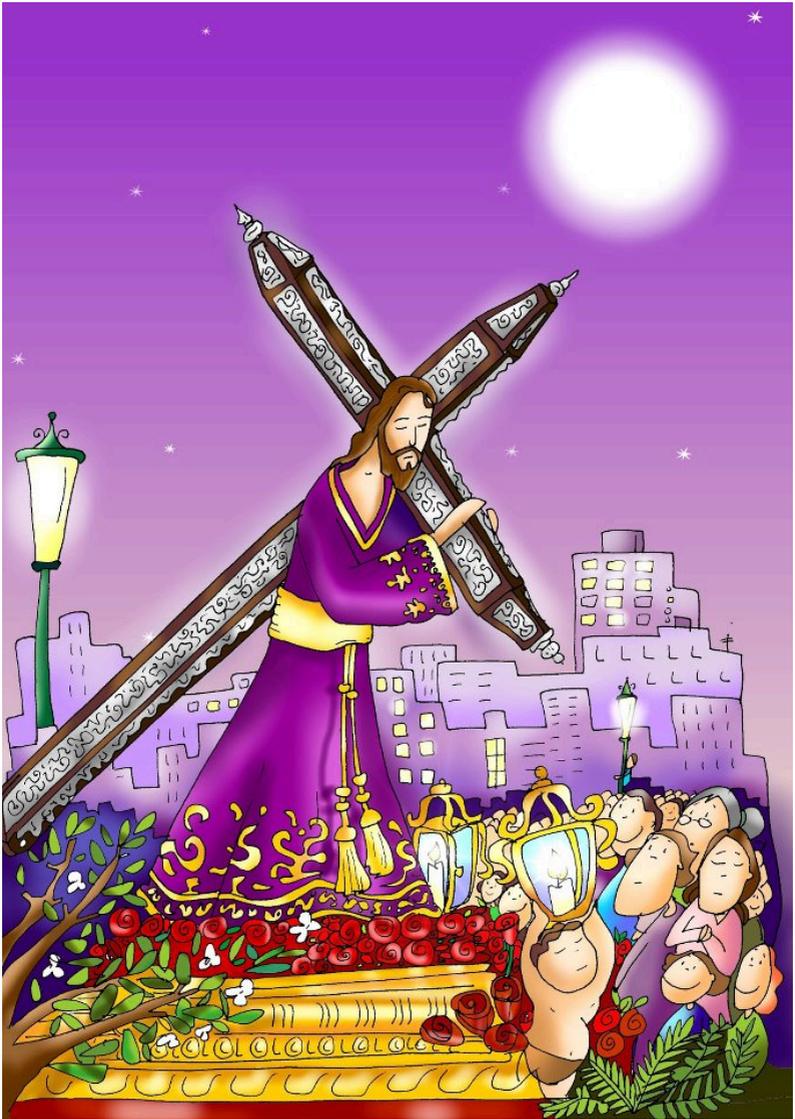


# 1st Sunday of Lent



Take me home!  
22th of February

## **Priest's Tidings**

When we take a serious look at ourselves, we realize that there are things that keep us from being the persons and the Christians we wish we were. We feel that we are not free to be our true selves. At the beginning of his mission Jesus looked at himself and saw the temptations that would keep him from carrying out his mission. Lent is for us the time to look into ourselves and to see what keeps us from being free to serve and love God and people the way we should. Let us go with Jesus into the desert, look into the depth of ourselves, and with Jesus reject what imprisons us, what keeps us lukewarm and indifferent, so that like him and with him we can serve.

On this First Sunday of Lent we have just begun our journey of forty days to Easter. We are the people of the forty days: the people of God in the Old Testament needed forty years in the desert to grow through their trials and mistakes into the People of God ready for the Promised Land. Jesus spent forty days in the desert in fasting and prayer to prepare himself to make his choice to be the kind of Messiah God wanted. We today are given our forty days, too, to re-examine ourselves before God whether we want to be and are the kind of Christians God wants us to be. We look up to Jesus here among us to see if with him and by his power we are willing to reject the temptations that try to divert us from the task God has given us.

**Fr Hugo**



## **Entrance Hymn:**

621 – Dear Lord and Father of mankind,

### **Collect:**

Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects.

Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit,  
God, for ever and ever.

**Amen.**

### **First Reading:**

Reading from the book of Genesis,

The Lord God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the Lord God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the Lord God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil.

Now the serpent was more crafty than any other beast of the field that the Lord God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And the woman said to the serpent, 'We may eat of the fruit of the trees in the garden, but God said, "You shall not eat of the fruit of the tree that is in the midst of the garden, neither shall you touch it, lest you die."' But the serpent said to the woman, 'You will not surely die. For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked. And they sewed fig leaves together and made themselves loincloths.

**This is the word of the Lord  
Thanks be to God.**

## Responsorial Psalm

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

Have mercy on me, O God, according to your merciful love;  
according to your great compassion, blot out my transgressions.  
Wash me completely from my iniquity, and cleanse me from my sin. **R/**

My transgressions, 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. **R/**

Create a pure heart for me, O God; renew a steadfast spirit within me. Do not  
cast me away from your presence; take not your holy spirit from me. **R/**

Restore in me the joy of your salvation; sustain in me a willing spirit.  
O Lord, open my lips and my mouth shall proclaim your praise. **R/**

### Second Reading:

Reading from the letter of Romans

Brothers and Sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned. For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.'

**This is the word of the Lord  
Thanks be to God**

**Gradual Hymn:**

121 - Forty days and forty nights, Verses 1,2,4,5 & 6

### Gospel Reading

Hear the The Gospel of our Lord Jesus Christ according to Matthew

**Glory to you, O Lord.**

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

And the tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."' Then the devil took him to the holy city and set him on the pinnacle 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 "On their hands they will bear you up, lest you strike your foot against a stone."' ' Jesus said to him, 'Again it is written, "You shall not put the Lord your God to the test."' Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their glory. And he said to him, 'All these I will give you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve."' ' Then the devil left him, and behold, angels came and were ministering to him.

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

#### **Prayers of Intercession**

#### **R/Living and loving God, hear us and help us.**

We pray that your Church may reflect your love and your mercy; that we may live as those who share your peace and your forgiveness; that we may seek to live in harmony and peace with each other; that we will be known as Christians by our love. **R/**

We ask your blessing upon all who are suffering from acts of violence and war at this time. We remember all who are suffering through the anger and hatred of others. Lord, may they not be overcome with evil but overcome evil with good. We pray for the work of the United Nations and all peacekeeping forces. **R/**

Lord, we thank you for all who have shown us the way of love through their own self-giving and generosity. We ask your blessing upon our homes and all who are dear to us. We remember before you all who are denied human love or who feel rejected at this time. **R/**

We remember all whose lives are being destroyed by hatred and resentment, all who are caught up in violence and war. We pray for all who are suffering in our world, especially those who feel they are on their own without help. We ask your blessing upon all who work for the relief of suffering and sorrow. **R/**

We rejoice in the fellowship of your saints and all who have reflected your image here on earth. We pray for friends and loved ones who have enriched our lives and are now departed from us. Lord, we commit ourselves, all on earth and in heaven to you and your unfailing love. **R/**

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

**Offertory Hymn:**

Jesus, lover of my soul,

Jesus, lover of my soul  
Jesus, I will never let You go  
You've taken me from the miry clay  
You've set my feet upon the rock  
Now I know

I love You, I need You

Though my world may fall, I'll never  
let You go  
My Saviour, my closest friend

I will worship You until the very end  
{repeat}

**Communion Hymn:**

748 - O Jesus, I have promised,

Verses 1,2,3& 4

**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**

All Hail the power of Jesus  
name,

1. All hail the power of Jesus'  
name!  
Let angels prostrate fall X 2  
Bring forth the royal diadem,  
And crown him, crown him,  
crown him, crown him,  
Crown him, crown him, crown  
him and crown him Lord of all!

2 .Let every kindred and every  
tribe  
On this terrestrial ball X2  
To him all majesty ascribe,  
And crown him, crown him,  
crown him, crown him,  
Crown him, crown him, crown  
him and crown him Lord of all!

3. Oh, that with yonder sacred  
throng  
We at his feet may fall! X2  
We'll join the everlasting song  
And crown him, crown him,  
crown him, crown him,  
Crown him, crown him, crown  
him and crown him Lord of all!

## **Prayer and Meditation**

### **Lectio:**

This passage shows how Jesus refers to Old Testament teaching (such as in Exodus 21 and Leviticus) and contrasts it with a new and deeper attitude. The Law in the Torah established fair compensation equal to the harm done (“an eye for an eye”), but Jesus calls his disciples to go beyond this standard by embracing generosity. Jesus presents God as the model. God is perfect and does not distinguish between good and bad people when giving his blessings. Just as Leviticus calls God’s people to be holy and perfect as God is, the Gospel urges believers to settle disputes, avoid holding grudges, and love others as themselves. The challenge Jesus sets before us is clear: to imitate God’s perfection and follow his example by living with love and generosity

### **Meditatio:**

- Who influences your behaviour towards others, God or ‘the world’?
- What lessons can we learn from this passage about the values of the kingdom? In what practical ways can we start living the kingdom way now?
- Have you been in a situation, perhaps even in church, where no one speaks to you? Jesus’ words in verse 47 challenge us to be friendly to others. Look out for opportunities to speak a friendly word to people this week.

### **Oratio:**

Consider the ways in which Jesus gives us an example of loving his neighbour as himself and ‘turning the other cheek’. What is true wisdom? Read 1 Corinthians 3:16-23 and think about what God considers wise.

## What's happening in our Parish! Sunday– Mass at 9:30 a.m

### **Mission WhatsApp Groups**

We have a series of WhatsApp groups with activities voted for by the congregation. Please have a look and see if you would like to join one: if you are already in one, please think of ways you can proactively help run the activity you have volunteered for.

### **Welcoming at our Eucharist**

Are you able to arrive at 9.15am to help welcome people into our church? If so, it would be lovely to have you join the

welcoming team! Please chat to Cynthia so we can add you to the rota

### **Regular Giving**

Many thanks for your generous giving to the ministry of St Matthews' each week. If you have taken home a red envelope please fill out the form and return it so we can plan our future developments of St Matthew's



### **Youth Club**

Our Youth Club runs on Thursdays from 5-7pm at Christ Church, 90 Brixton Road, SW9 6BE. All 14-18 year olds are welcome!

### **Bishop's Retirement**

The Bishop of Southwark, The Rt Revd Christopher Chessun, has announced he will retire on his 70th birthday in August 2026. We give thanks for his faithful ministry in our diocese and send him our prayers and good wishes for the next stage of his Christian pilgrimage

## **CONTACT US**

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