

# FIRST SUNDAY OF LENT

YEAR C

## PRAYER OF THE DAY:

God our protector,  
you wanted Jesus  
to be one with us.  
We are sometimes tempted  
to be greedy,  
to control other people's lives,  
and to forget  
that all good things  
come from you.  
Hold us in your care  
and never let us forsake you.  
We ask you this  
through Christ our Lord.

## FOCUS OF THE READINGS:

Both of our readings focus on our total commitment to the one true God. The reading from Deuteronomy is the summary of the great saving act of God in the Exodus. Here the people recount that saving act, from their entry into Egypt to their entry into the promised land. It is because of their salvation by their faithful and loving God that they give thanks and bow down in worship.

In the Gospel for today, Jesus is tempted in the desert by Satan, but Jesus resists the temptation and three times proclaims that God and God alone is the Savior. Only God gives real life, real power, real security.

*To you alone will I bow in worship. By your word alone will I live.*

## FIRST READING: *Deuteronomy 26:4-10*

*A reading from the book of Deuteronomy.*

Moses said to the people,

"When you come to the place  
which God is giving to you,  
you shall take some  
of the first things grown on the land  
and put them in a basket.  
You shall take the basket  
to the place that God has chosen  
and there you shall say to God:

'My family lived in the country of Aram.  
They traveled down to Egypt  
and stayed there as refugees.  
The people of Egypt were cruel to us  
and made us work very hard.  
Then he cried out to you,  
the God of our people, and you heard us.  
You saw how much we were suffering  
and how we were being oppressed.  
So you took us out of Egypt  
and brought us here  
and gave us this wonderful land,  
a place filled with milk and honey.  
And so now, I am bringing to you  
some of the first things  
we have grown on this land,  
which you, our God, have given us.' "

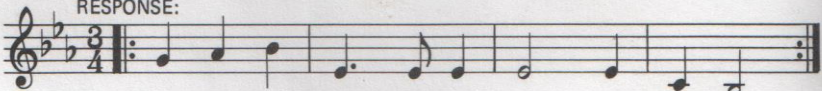
And then Moses said,

"You shall put the basket in front of the altar  
and there you shall bow down  
and worship your God."

*The Word of the Lord.*

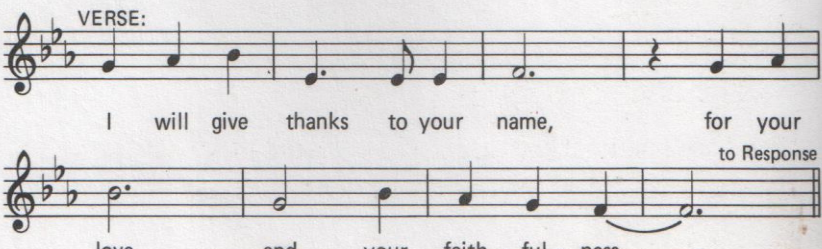
## RESPONSE: *Psalm 138*

RESPONSE:



I will bow down in your ho - ly tem - ple.

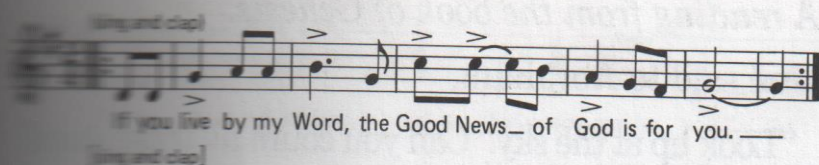
VERSE:



I will give thanks to your name, for your  
to Response  
love and your faith - ful - ness. —



## GOSPEL ACCLAMATION:



### GOSPEL: Luke 4:1-13

#### *A reading from the Gospel of Luke.*

After Jesus was baptized in the Jordan River,  
the Spirit led him into the desert for forty days,  
and the devil tried to tempt him.

For all those days, Jesus did not eat any food,  
and he was hungry.

So the devil said to Jesus:

"If you are the Son of God, tell this stone to become bread."

But Jesus said to the devil:

"It is written in the books of Moses,

'People do not live just by eating food.' "

Then the devil took Jesus up and showed him  
all the kingdoms of the world, and said:

"I will give you all the power and glory of these kingdoms  
if you will worship me."

But Jesus said,

"It is written in the books of Moses,

'You must worship God, and only God!' "

Then the devil took Jesus to the very top of the temple  
in Jerusalem, and said to him:

"If you are the Son of God, jump down from here,  
because it is written in the book of Psalms,

'God will tell the angels to take care of you,  
and they will catch you

so that you will not hurt your foot on a rock.' "

But Jesus said,

"It is also written,

'You shall not test your God.' "

After these temptations, the devil left Jesus  
and waited for another time to come again.

*The Gospel of the Lord.*

## REFLECTING ON THE READINGS WITH CHILDREN:

The security found in God may seem abstract to the children, especially in comparison with the things the world offers for security. It is clear to them that money and power do buy the things we need to live. Our emphasis should not be that these things are unimportant. The Jews thanked God for providing the food they needed. And Jesus said we do not live by bread *alone*. We should never pit God against the necessities of this world as though the things of this world are evil. Rather, help the children to see two things:

- *All these things ultimately come from God.* For example, one can work and acquire a home, food, clothes, etc., because of good health, etc.
- *It is the exaggeration and dependence on personal money and power that Jesus warns against.*