



# First Sunday of Lent

22<sup>nd</sup> February, 2026.

## Worship Resource

### THE LENTEN SEASON

This season is a time of preparation for Easter through fasting, prayer and almsgiving.

*“Lent is a new beginning, a path leading to the certain goal of Easter, Christ’s victory over death”*

Pope Francis, 2017

### LITURGICAL REMINDERS

- No Gloria or Alleluia are sung/said during Lent. The Gospel acclamation changes e.g. Praise to you Lord Jesus Christ, King of eternal glory.
- The sanctuary is not decorated during the season of Lent – the next time we see flowers in the church is on Holy Thursday for the Feast of the Lord’s Supper.

### COLOUR OF THE SEASON

- Violet/Purple

### LITURGY OF THE WORD

#### *Readings*

- **First Reading:** Gn 2:7-9; 3:1-7
- **Psalm:** Ps 50:3-6; 12-14, 17 – Have mercy on us, O Lord, for we have sinned.
- **Second Reading:** Rm: 5:12- 19
- **Gospel:** Mt: 4: 1-11

#### *Homily Notes*

The Gospel centres around the temptations of Jesus in the desert to choose another direction in life. We can be attracted by choices in life, but we must ask what is my goal in life? Where do I get true nourishment from?

#### *Prayer of the Faithful – suggested text*

1. That **the Church** and all its members may be led by the Holy Spirit into a deeper relationship with God this Lent. Lord, hear us.
2. That **those who are struggling** with despair, addiction or isolation may find strength and encouragement. Lord, hear us.
3. For **the Pope’s intention** for this month that the sick, especially children and their families may receive the necessary medical care and support, never losing strength or hope. Lord, hear us.
4. That **those who have died** in the peace of Christ and who put their trust in him may rejoice in God’s presence with the angels and the saints. Lord, hear us.

## MUSIC MINISTRY – suggested hymns

- **Entrance:** God of Mercy and Compassion
- **Psalm:** Psalm 50 – Have mercy on us, O Lord, for we have sinned.
- **Offertory:** Instrumental Music or In Bread, We Bring You Lord
- **Communion:** Eat This Bread
- **Recessional:** The King of Love My Shepherd Is.

## REFLECTION

### Lent

Lent is a time to learn to travel light,  
to clear the clutter from our crowded lives,  
and find a space, a desert.....  
Most of the time we're tempted to avoid them,  
Find good reason to live lives of ease,  
Cushioned by noise from self-discovery.....  
Give us new vision,  
Courage for the journey  
And make our desert blossom like a rose

Ann Lewin

## ALTAR SERVERS

- Incense the altar at the start of the offertory

Or

- Stand either side of the presider with candles as the gospel is read.

## SUPPLEMENTARY RESOURCES

- Ordo Pages 60-61
- Mass Leaflet
- St. Paul's Sunday Missal, 2026.
- Lectionary
- Intercom Magazine – February and March Editions
- The Furrow Magazine
- Canaimís
- [www.synod.ie](http://www.synod.ie)

