

The Living Word

First Sunday of Lent, Year C

9 March 2025

First Reading Dt 26:4-10

The confession of faith of the elect.

Moses said to the people: 'The priest shall take the panner from your hand and lay it before the altar of the Lord your God. Then, in the sight of the Lord your God, you must make this pronouncement:

"My father was a wandering Aramaean. He went down into Egypt to find refuge there, few in numbers; but there he became a nation, great, mighty, and strong. The Egyptians ill-treated us, they gave us no peace and inflicted harsh slavery on us. But we called on the Lord, the God of our fathers. The Lord heard our voice and saw our misery, our toil and our oppression; and the Lord brought us out of Egypt with mighty hand and outstretched arm, with great terror, and with signs and wonders. He brought us here and gave us this land, a land where milk and honey flow. Here then I bring the first-fruits of the produce of the soil that you, Lord, have given me." You must then lay them before the Lord your God, and bow down in the sight of the Lord your God.'

Responsorial Psalm

Ps 90:1-2. 10-15. R. v.15

(R.) Be with me, Lord, when I am in trouble.

1. 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.)
2. Upon you no evil shall fall, no plague approach where you dwell. For you has he commanded his angels, to keep you in all your ways. (R.)
3. 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 dragon. (R.)
4. His love he set on me, so I will rescue him; protect him for he knows my name. When he calls I shall answer: 'I am with you.' I will save him in distress and give him glory. (R.)

Second Reading Rom 10:8-13

The confession of faith of the believers in Christ.

Scripture says: The word, that is the faith we proclaim, is very near to you, it is on your lips and in your heart. If your lips confess that Jesus is Lord and if you believe in your heart that God raised him from the dead, then you will be saved. By believing from the heart you are made righteous; by confessing with your lips you are saved. When scripture says: those who believe

in him will have no cause for shame, it makes no distinction between Jew and Greek: all belong to the same Lord who is rich enough, however many ask for his help, for everyone who calls on the name of the Lord will be saved.

Gospel Acclamation Mt 4:4

Praise to you, Lord Jesus Christ, king of endless glory!

No one lives on bread alone, but on every word that comes from the mouth of God.

Praise to you, Lord Jesus Christ, king of endless glory!

Gospel Lk 4:1-13

Filled with the Holy Spirit, Jesus was led by the Spirit through the wilderness where he was tempted.

Filled with the Holy Spirit, Jesus left the Jordan and was led by the Spirit through the wilderness, being tempted there by the devil for forty days. During that time he ate nothing and at the end he was hungry. Then the devil said to him, 'If you are the Son of God, tell this stone to turn into a loaf.' But Jesus replied, 'Scripture says: Man does not live on bread alone.'

Then leading him to a height, the devil showed him in a moment of time all the kingdoms of the world and said to him, 'I will give you all this power and the glory of these kingdoms, for it has been committed to me and I give it to anyone I choose. Worship me, then, and it shall all be yours.' But Jesus answered him, 'Scripture says:

You must worship the Lord your God, and serve him alone.'

Then he led him to Jerusalem and made him stand on the parapet of the Temple. 'If you are the Son of God', he said to him 'throw yourself down from here, for scripture says:

He will put his angels in charge of you to guard you,

and again:

They will hold you up on their hands in case you hurt your foot against a stone.'

But Jesus answered him, 'It has been said:

You must not put the Lord your God to the test.'

Having exhausted all these ways of tempting him, the devil left him, to return at the appointed time.



Reflection by Fr Michael Tate

After his baptism Jesus was driven by the Holy Spirit into the wilderness where the devil put him to the test. Jesus was offered three shortcuts to his living in harmony with the will of his Heavenly Father.

First, when he was hungry there would be bread out of stones.

Second, when he wanted to change the world he could have absolute political power.

Third, when he needed to take risks, angels would keep him safe.

Our baptism does not insulate us from the same threefold pattern of temptation. Do you find yourself saying:

I want the whole world to change to satisfy me, or

I want to exercise power over others, or

I want to take stupid risks and come out unharmed, or all three!

What must we do when such temptations assail us?

Realise that such temptations are much less powerful than they seem – the last gasp of the vanquished devil. Imitate Jesus in going to the Scriptures, preferably the Gospels, in order to have the words to hurl back at the devil as you are tested.

We could pause to make a Lenten resolution to read a Gospel, and to do so confident of our Baptismal identity as beloved daughters and sons of God.

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St Frances of Rome, born in 1384, was a noblewoman who dedicated her life to serving the poor and sick. Despite her desire to join a religious order, she married Lorenzo de' Ponziani at her father's wish. Together with her sister-in-law Vannoza, Frances began ministering to the needy in Rome. During the Great Schism, her family lost their wealth, but Frances continued her charitable work, even selling her possessions to help others. In 1425, she founded the Oblates of Mary, later known as the Oblate Congregation of Tor de' Specchi, a community of women devoted to prayer and service without taking formal vows. After her husband's death in 1436, Frances became the superior of the congregation. She was known for having mystical experiences and visions of angels. Frances died in 1440 and was canonized in 1608. Her feast day is celebrated on March 9.



Wordsearch

Try to find these words:

- | | | | |
|--------|--------|--------|---------|
| angels | desert | jump | temple |
| arms | forty | serve | tested |
| bread | hurt | stones | worship |

Q H J Z T F P U S P D E S E R T X
 U C T H Z Z K O K T D N A F O U T
 L W C J L T K E Y U O A S N N X R
 H E P D A H I X T X F N C W X F V
 G H P K S Y L E C J O T E J N M I
 N P U H C M A Z K I W R N S K H Q
 O M V R W R F L U N H U V I F O K
 D U J O V W A P C C Y H J L F Z F
 M J E V Z F L M U A E J G W W O J
 I M G B D E T S E T Y L O G R A W
 R A V R V Q J S P X I R P T L P K
 O U R E M G C G L R S B Y M S Z A
 D P T A I O S W G H K T Z V E L W
 Z N M D O A U L I W I B F I R T M
 Y A N G E L S P P T L M H B V G V
 F U F B H L N S M R A A D E E T Q

Help Jesus find the right path through the desert and into Galilee. Be wary of temptation along the way!

The devil appeared to Jesus and offered him the power to rule all the nations of the earth, if he worshiped him instead of God. Select the right path for Jesus to take.

Worship the devil

Run Away

Worship God and serve him