

Sunday Reading

22 February 2026

FIRST READING

A reading from the Book of Genesis 2:7-9,3:1-7

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.

The word of the Lord. *Thanks be to God.*

Responsorial Psalm

Psalm 50:3-6,12-14,17

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

Have mercy on me, God, in your kindness.

In your compassion blot out my offence.

O wash me more and more from my guilt
and cleanse me from my sin. **R/.**

My offences 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/.**

A pure heart create for me, O God,
put a steadfast spirit within me.

Do not cast me away from your presence,
nor deprive me of your holy spirit. **R/.**

Give me again the joy of your help;
with a spirit of fervour sustain me,

O Lord, open my lips
and my mouth shall declare your praise. **R/.**

SECOND READING

A reading from the letter of St Paul to the Romans 5:12-19

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 sin indeed was in the world before the law was given, but sin is not counted where there is no law. Yet death reigned from Adam to Moses, even over those whose sinning was not like the transgression of Adam, who was a type of the one who was to come.

But the free gift is not like the trespass. For if many died through one man's trespass, much more have the grace of God and the free gift by the grace of that one man, Jesus Christ, abounded for many. And the free gift is not like the result of that one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brought justification. 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.

The word of the Lord. *Thanks be to God.*

Gospel Acclamation

Mt 4:4

Glory and praise to you, O Christ.
One does not live by bread alone,
but by every word that comes forth from the mouth of
God.

Glory and praise to you, O Christ.

GOSPEL

Matthew 4:1-11

The Lord be with you. *And with your Spirit.*

A reading from the holy Gospel 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.

First Sunday of Lent

Lectionary Year A

The Word of God

Saint of the Week

Saturday 28 February 2026

In today's epic Gospel scene, Jesus relives in His flesh the history of Israel.

We've already seen that like Israel, Jesus has passed through water, been called God's beloved Son. Now, as Israel was tested for forty years in the wilderness, Jesus is led into the desert to be tested for forty days and nights. He faces the temptations put to Israel: Hungry, He's tempted to grumble against God for food. As Israel quarrelled at Massah, He's tempted to doubt God's care. When the Devil asks His homage, He's tempted to do what Israel did in creating the golden calf. Jesus fights the Devil with the Word of God, three times quoting from Moses' lecture about the lessons Israel was supposed to learn from its wilderness wandering.



Why do we read this story on the first Sunday of Lent? Because like the biblical sign of forty, the forty days of Lent are a time of trial and purification. Lent is to teach us what we hear over and over in today's readings. "Call upon me, and I will answer," the Lord promises in today's Psalm. Paul promises the same thing in today's Epistle.

This was Israel's experience, as Moses reminds his people "We cried to the Lord...and He heard." But each of us is tempted, as Israel was, to forget the great deeds He works in our lives, to neglect our birthright as His beloved sons and daughters.

Like the litany of remembrance Moses prescribes for Israel, we should see in the Mass a memorial of our salvation, and "bow down in His presence," offering ourselves in thanksgiving for all He has given us.



Saint Oswald (-992)



Oswald received his formation as a Benedictine monk in the Abbey of Fleury-sur-Loire in France and became Bishop of Worcester in 961. With St Dunstan and St Ethelwold he worked hard at reviving monastic life in Anglo-Saxon England after the disruption of the Danish invasions. He was noted for his attractive and accessible character and for the exemplary way in which he celebrated the liturgy. He had a special love of the poor; in Lent he would wash the feet of twelve poor men every day. In 972 he became Archbishop of York and administered the two dioceses.

He died at Worcester on 28 February 992.

Prayer of the Week

A Prayer for the End of the Day

O Lord my God, thank you
for bringing this day to a close;
thank you for giving me rest
in body and soul.
Your hand has been over me
and has guarded and preserved me.
Forgive my lack of faith and any wrong
that I have done today,
and help me to forgive all who have wronged us.

Let me sleep in peace under your protection, and
keep me from all the temptations of darkness.
Into your hands I commend my loved ones
and all who dwell in this house;
I commend to you my body and soul.
O God, your holy name be praised.

Amen.

Dietrich Bonhoeffer