

THE LORD'S DAY AT HOME



THE FIRST SUNDAY OF LENT (B) Sunday 21st February 2021

If you are housebound or self-isolating at this time, please use these prayers to unite yourself with the worship of the Universal Church, and your own Parish this Sunday. If alone, read or say these prayers quietly to yourself. If with another, or in a family, someone should read the "leader" parts, and others respond. It might be suitable to find a special, quiet place at home for your Sunday prayers.

THE INTRODUCTORY RITES

Entrance Antiphon

A: When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Sign of the Cross

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

A: Amen.

Introduction

L: On this first Sunday of our Lenten journey we are invited to follow Jesus into the wilderness. He was tempted in every way that we are, though he was without sin. Let us pray today that we may be strong in saying "No" to temptation. We begin by thinking of the times we have given in to temptation, and we humbly ask for God's forgiveness:

Penitential Act

I confess to almighty God and to you, my brothers and sisters, that I have greatly sinned, in my thoughts and in my words, in what I have done and in what I have failed to do, through my fault, through my fault, through my most grievous fault; therefore I ask blessed Mary ever-Virgin, all the Angels and Saints, and you, my brothers and sisters, to pray for me to the Lord our God.

Opening Prayer

L: Let us pray.

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.

A: Amen.

THE LITURGY OF THE WORD

Gospel Reading Mark 1:12-15

The Spirit drove Jesus out into the wilderness and he remained there for forty days, and was tempted by Satan. He was with the wild beasts, and the angels looked after him. After John had been arrested, Jesus went into Galilee. There he proclaimed the Good News from God. 'The time has come' he said 'and the kingdom of God is close at hand. Repent, and believe the Good News.'

The Gospel of the Lord.

A: Praise to you, Lord Jesus Christ!

Reflection

Every year on this First Sunday of Lent we hear of Jesus being tempted in the wilderness: before he begins his ministry, he chooses to go into a place of silence and emptiness to face his temptations. It might surprise us that Jesus would be tempted, but temptation is not the same as sin! In fact, honestly facing temptation is necessary in order to avoid sin. Saint Mark doesn't go into too much detail today – the other Gospels give us more, specifically letting us know what temptations Jesus faced. They were all about the abuse of his power: he could work miracles, and is tempted to us that power selfishly; he is even tempted to worldly prestige, though this would mean surrendering himself to worship of Satan. To all of these Jesus says a firm "No." This is not who he is. But those temptations were real! We are invited to enter our "forty days" by facing our temptations. When do we hear a little voice in

our heads saying "Go on, there's no harm in it! It's not that bad! No one will find out"? Will we say "No" like Jesus did? Perhaps we have to find a little bit of wilderness – a place of peace and quiet so that we can face down our "Inner voices" and ensure that we have the strength to say "No" to our temptations.

For our Younger Friends

Happy Lent! Perhaps you have already decided what you are doing for Lent – giving something up or doing something extra, or saving some pennies to give to Caritas. Good luck! The point of all these things is to help us become BETTER PEOPLE. One of the ways we do this is by copying Jesus in today's Gospel. He goes into the desert to be quiet and still, so that he can find out all about himself – what he can do and (more importantly) what he should and shouldn't do. We have to do this as we grow up, as we face different situations. To stop and think about what is the RIGHT thing to do in any situation. Perhaps have a think now about yourself – at school, have you ever been in a situation where you knew the right thing to do, but did something different? At home, do you know what you should do for your family, but sometimes do something different? Think about your choices, say sorry to God, and do your best in the future!

If gathering as a family, perhaps now continue to discuss what this Gospel passage means to you. If alone, think about what key message you take from the Scriptures today.

Profession of Faith

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Intercessions

L: This is the favourable time, now is the day of salvation; let us show we accept that the kingdom of God is close at hand as we pray for the Church and the world.

For the Church, that these days of Lent may be a time of renewal for every Christian believer. Lord, in your mercy.

A: Hear our prayer.

For our Diocesan family, that we may find ways to share our abundance with all in our world who are in need. Lord, in your mercy:

A: Hear our prayer.

For all experiencing temptation, that they may have the strength to recognize evil in all its forms and resist it. Lord, in your mercy:

A: Hear our prayer.

For our family, that our prayer, fasting and almsgiving may draw us closer to Jesus and to each other. Lord, in your mercy:

A: Hear our prayer.

Please add your own prayers for the needs of the Church, the world and your local community. You may wish to add particular prayers for family members, friends or neighbours in need at this time.

THE COMMUNION RITE

The Lord's Prayer

L: At the Saviour's command and formed by divine teaching, we dare to say:

A: Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

L: Give us the right dispositions, O Lord, we pray, to make these prayers, for with them we celebrate the beginning of this venerable and sacred time. Through Christ our Lord.

A: Amen.

Before Spiritual Communion

L: Loving Father, you so loved the world that in your mercy you sent us the Redeemer: by abstaining forty long days from earthly food, he consecrated through his fast the pattern of our Lenten observance and, by overturning all the snares of the ancient serpent, taught us to cast out the leaven of malice, so that, celebrating worthily the Paschal Mystery, we might pass over at last to the eternal paschal feast. At the Last Supper he showed the fullness of your love, as he gave his Body and Blood for his people. Even though we are not in Church, and not able to receive communion today, we open our minds and hearts now to your generous love and the gift of Jesus your Son, welcoming him spiritually into our lives.

Spiritual Communion

A: My Jesus, I believe that you are present in the Holy Sacrament of the altar. I love you above all things and I passionately desire to receive you into my soul. Since I cannot now receive you sacramentally, come spiritually into my soul so that I may unite myself wholly to you now and forever. Amen.

Pause for a moment of silent prayer and reflection.

Thanksgiving Psalm

L: Your ways, Lord, are faithfulness and love for those who keep your covenant.

A: Your ways, Lord, are faithfulness and love for those who keep your covenant.

L: Lord, make me know your ways. Lord, teach me your paths. Make me walk in your truth, and teach me: for you are God my saviour.

A: Your ways, Lord, are faithfulness and love for those who keep your covenant.

L: Remember your mercy, Lord, and the love you have shown from of old.

In your love remember me, because of your goodness, O Lord.

A: Your ways, Lord, are faithfulness and love for those who keep your covenant.

L: The Lord is good and upright. He shows the path to those who stray, He guides the humble in the right path, He teaches his way to the poor.

A: Your ways, Lord, are faithfulness and love for those who keep your covenant.

THE CONCLUDING RITES

Final Prayer and Blessing

L: Let us pray.

Renewed now with your holy Word, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth. Through Christ our Lord.

A: Amen.

L: May the Lord ✠ bless us, protect us from all evil, and bring us to everlasting life.

A: Amen.

L: Let us bless the Lord!

A: Thanks be to God!