



THE FIRST SUNDAY OF LENT YEAR B

THE GOSPEL. Mark 1:12-15

The Spirit drove Jesus out into the desert.

Drawn
to the desert
by the Holy Spirit,

and
tempted!
Your only food,
the will of the Father,

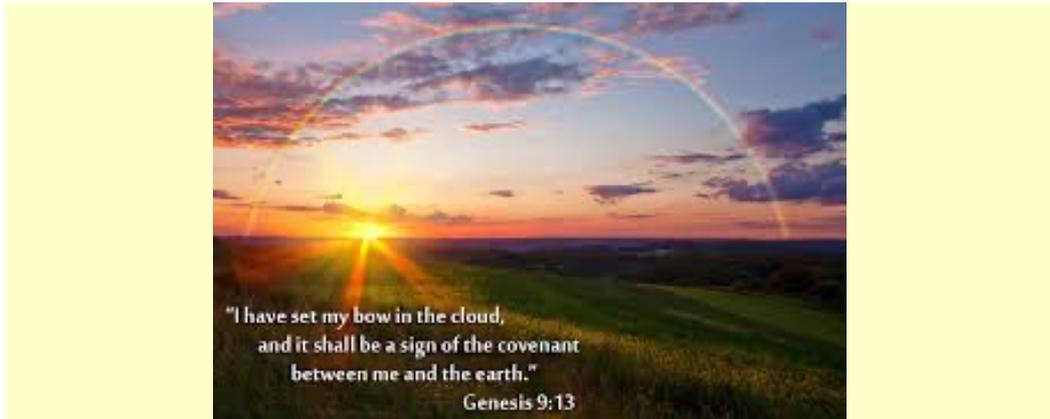
you went.

Let your surrender summon us also:
to your revolution of tenderness.

Help us listen to the
Holy Spirit.

Let it be our
life-giving
food
for
the
fast.

THE FIRST READING. Genesis 9:8-15



A promise of love,
the sign, the
rainbow.

Stretching
to the heavens,
filling the
earth.

Its hues
garnishing
all living things.

Thank you, dear Lord:
for earth, for skies, for rainbows
and for every living creature
under the sun.

Help us care,
and teach everyone
to care for the common home that
you have given to each and every one of us.

And thanks

for your promise
that you will
hold us

in your loving arms

forever.

THE SECOND READING. 1 Peter 3:18-22

Put to death in the flesh, he was brought to life in the Spirit.

Holy Spirit,
help us
to
empty
ourselves.

Our
Lenten task is
to make room for you.

Anne Osdieck



The Judean Wilderness

God's Covenant - The Collect Prayer

**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.**

Lent is a new liturgical season, and an opportunity to start again.

Reflection: We can give thanks to God for giving us this season of grace. Lent is closely associated with God's Covenant and with baptism, and the readings this Sunday strongly underline this.

In the First Reading from Genesis, God makes a Covenant with Noah's people, saved from the flood by the ark. It is a Covenant of peace, symbolized by the rainbow.

St Paul, in the Second Reading, reminds us that just as Noah is saved from the waters, so we are saved by the waters of baptism. It is a pledge made to God through the resurrection of Jesus Christ.

The Psalm is a prayer that we may walk in God's ways: a suitable prayer for beginning our Lenten journey.

The account of the temptations of Christ in Mark's Gospel is very brief.

It is only after this experience that Jesus begins his ministry, calling people to repent and believe the Good News.

This week, we may give thanks for 'this joyful season' (as the Lenten preface calls it) – a time to prepare to celebrate the paschal mystery.

Phrases to remember and pray with during the week

I establish my Covenant with you. *First Reading*

Your ways, Lord, are faithfulness and
Love. *Responsorial Psalm*

Christ himself, innocent though he was, died once
for sins, died for the guilty, to lead us to
God. *Second Reading*

'The time has come and the kingdom of God is
close at hand. Repent, and believe the Good
News.' *Gospel*