

Collect**First Sunday of Lent**

Almighty God, whose Son Jesus Christ fasted forty days in the wilderness, and was tempted as we are, yet without sin: give us grace to discipline ourselves in obedience to your Spirit; and, as you know our weakness, so may we know your power to save; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

**Reading *The letter of Paul to the Romans,
Chapter 5 verse 12 - 19***

Just as sin entered the world through one man, and death through sin, and in this way death came to all people, because all sinned—

To be sure, sin was in the world before the law was given, but sin is not charged against anyone's account where there is no law. Nevertheless, death reigned from the time of Adam to the time of Moses, even over those who did not sin by breaking a command, as did Adam, who is a pattern of the one to come.

But the gift is not like the trespass. For if the many died by the trespass of the one man, how much more did God's grace and the gift that came by the grace of the one man, Jesus Christ, overflow to the many! Nor can the gift of God be compared with the result of one man's sin: the judgment followed one sin and brought condemnation, but the gift followed many trespasses and brought justification. For if, by the trespass of the one man, death reigned through that one man, how much more will those who receive God's abundant provision of grace and of the gift of righteousness reign in life through the one man, Jesus Christ!

Consequently, just as one trespass resulted in condemnation for all people, so also one righteous act resulted in justification and life for all people. For just as through the disobedience of the one

Gospel**Matthew, Chapter 4, verses 1 - 11**

Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting for forty days and forty nights, he was hungry. The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'

Jesus answered, 'It is written: "Man shall not live on bread alone, but on every word that comes from the mouth of God."' '

Then the devil took him to the holy city and set him on the highest point of the temple. 'If you are the Son of God,' he said, 'throw yourself down. For it is written:

' "He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone."' '

Jesus answered him, 'It is also written: "Do 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 splendour. 'All this I will give you,' he said, 'if you will bow down and worship me.'

Jesus said to him, 'Away from me, Satan! For it is written: "Worship the Lord your God, and serve him only."' '

Then the devil left him, and angels came and attended him.

Post Communion Prayer

Lord God, you have renewed us with the living bread from heaven; by it you nourish our faith, increase our hope and strengthen our love: teach us always to hunger for him who is the true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord.