

ENTRANCE ANTIPHON (or a hymn) When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

RESPONSORIAL PSALM (Ps 50)

ANTIPHON: Be merciful, O Lord, for we have sinned.

RESPONSE: Be merciful, O Lord, for we have sinned.

LECTOR: 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.**

LECTOR: 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.**

LECTOR: 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.**

LECTOR: 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.**

GOSPEL ACCLAMATION 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!

COMMUNION ANTIPHON (or a hymn) One does not live by bread alone, but by every word that comes forth from the mouth of God.

Or

The Lord will conceal you with his pinions, and under his wings you will trust.

TODAY'S READINGS Genesis 2:7-9; 3:1-7; Romans 5:12-19; Matthew 4:1-11

NEXT WEEK (2nd Sunday of Lent, Year A) Genesis 12:1-4; Psalm 32; 2 Timothy 1:8-10; Matthew 17:1-9

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A nourishing desert



22 February 2026 1st Sunday Lent Year A

more closely on God and to let God begin to work within us with great love and tenderness and fashion us every more closely in God's image.

Jesus shows us that, even at our lowest ebb, God fills every hunger and quenches every thirst. He reminds us that any influence we may wield comes not from being powerful but by walking with others in humility, solidarity and love. He reminds us to remain steadfast; for we can rest secure in the trust that God embraces our every vulnerability.

Through God's transforming presence, we can begin to experience the desert not as a place of despair or desolation, but as a place of deep encounter with God and transformation. Stripped bare of everything superfluous to our needs, and utterly dependent on God, we become open to a profound conversion of heart and real growth.

When Anthony, one of the early Desert Fathers, emerged twenty years after his time in the desert, his brothers were surprised to see that he was not haggard, but instead looked well and was radiant with inner peace.

Amidst the suffering of any desert into which we are led, let us pray for the grace to respond as Jesus did – to open ourselves utterly to God. Let us awaken to the divine within and around us and respond to him, to the beauty of his creation, and to each other in an entirely new, grace-filled and life-giving way.

In his responses, Jesus teaches us not to succumb to the temptation to compensate for our human weaknesses by focusing on satisfying our desires. Instead, he invites us to lean ever