

# First Sunday of Lent

## Entrance Antiphon

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

## The Liturgy of the Word

**First Reading:** Genesis 9:8-15

**Responsorial Psalm 24(25):4-6,7b-9** *Your ways, Lord, are faithfulness and love  
for those who keep your covenant.*

**Second Reading:** 1 Peter 3:18-22

## Gospel Acclamation:

Praise to you, O Christ, king of eternal glory!  
Man does not live on bread alone,  
but on every word that comes from the mouth of God.  
Praise to you, O Christ, king of eternal glory!

**Gospel:** Mark 1:12-15

## The Creed

I believe in God,  
the Father almighty,  
Creator of heaven and earth,  
and in Jesus Christ, his only Son, our Lord,  
*At the words that follow, up to and including 'the Virgin Mary', all bow.*  
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.

## **The Liturgy of the Eucharist**

### **The mystery of faith.**

When we eat this Bread and drink this Cup,  
we proclaim your Death, O Lord,  
until you come again.

### **Prayer of Spiritual Communion**

My Jesus,  
I believe that You are present in the Most Holy Sacrament.  
I love You above all things, and I desire to receive You into my soul.  
Since I cannot at this moment receive You sacramentally,  
come at least spiritually into my heart.  
I embrace You as if You were already there  
and unite myself wholly to You.  
Never permit me to be separated from You.  
Amen.