

COLLECT

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.

FIRST READING

Genesis 2:15-17; 3:1-7

A reading from the book of Genesis.
The LORD God took the man and
put him in the garden of Eden to till
it and keep it. And the LORD God
commanded the man, "You may freely
eat of every tree of the garden; but of
the tree of the knowledge of good and
evil you shall not eat, for in the day that
you eat of it you shall die." Now the
serpent was more crafty than any other
wild animal that the LORD God had
made. He said to the woman, "Did God
say, 'You shall not eat from any tree in
the garden?'" The woman said to the
serpent, "We may eat of the fruit of the
trees in the garden; but God said, 'You
shall not eat of the fruit of the tree that
is in the middle of the garden, nor shall
you touch it, or you shall die.'" But the
serpent said to the woman, "You will
not die; for God knows that when you
eat of it your eyes will be opened, and
you will be like God, knowing good and
evil." So when the woman saw that the
tree was good for food, and that it was
a delight to the eyes, and that the tree
was to be desired to make one wise,
she took of its fruit and ate; and she
also gave some to her husband, who
was with her, and he ate. Then the eyes
of both were opened, and they knew
that they were naked; and they sewed
fig leaves together and made loincloths
for themselves.

PSALM Psalm 32

R *I will confess my transgressions to the Lord.*

Happy are they whose transgressions
are forgiven,
and whose sin is put away!
Happy are they to whom the Lord
imputes no guilt,
and in whose spirit there is no guile! **R**

While I held my tongue, my bones
withered away,
because of my groaning all day long.
For your hand was heavy upon me day
and night;
my moisture was dried up as in the heat
of summer. **R**

Then I acknowledged my sin to you,
and did not conceal my guilt.
I said, "I will confess my transgressions
to the Lord";
then you forgave me the guilt of my
sin. **R**

Therefore all the faithful will make their
prayers to you
in time of trouble;
when the great waters overflow, they
shall not reach them.
You are my hiding-place;
you preserve me from trouble;
you surround me with shouts of
deliverance. **R**

"I will instruct you and teach you
in the way that you should go;
I will guide you with my eye.
Do not be like horse or mule,
which have no understanding;
who must be fitted with bit and bridle,
or else they will not stay near you." **R**
Great are the tribulations of the wicked;
but mercy embraces those who trust
in the Lord.
Be glad, you righteous, and rejoice in
the Lord;
shout for joy, all who are true of heart. **R**

SECOND READING Romans 5:12-19

A reading from the letter of Paul to the Romans.

Just as sin came into the world through
one man, and death came through sin,
and so death spread to all because all
have sinned – sin was indeed in the
world before the law, but sin is not
reckoned when there is no law. Yet
death exercised dominion from Adam to
Moses, even over those whose sins were
not like the transgression of Adam, who
is a type of the one who was to come.
But the free gift is not like the trespass.
For if the many died through the one
man's trespass, much more surely have
the grace of God and the free gift in
the grace of the one man, Jesus Christ,
abounded for the many. And the free
gift is not like the effect of the one
man's sin. For the judgement following
one trespass brought condemnation but
the free gift following many trespasses
brings justification. If, because of the
one man's trespass, death exercised

dominion through that one, much
more surely will those who receive the
abundance of grace and the free gift
of righteousness exercise dominion in
life through the one man, Jesus Christ.
Therefore just as one man's trespass
led to condemnation for all, so the
act of righteousness of one leads to
justification and life for all. For just as
by the one person's disobedience the
many were made sinners, so by the one
man's obedience the many will be made
righteous.

GOSPEL Matthew 4:1-11

Hear the gospel of our Lord Jesus Christ according to Matthew.

Jesus was led up by the Spirit into the
wilderness to be tempted by the devil.
He fasted forty days and forty nights,
and afterwards he was famished. The
tempter came and said to him, "If you
are the Son of God, command these
stones to become loaves of bread." But
he answered, "It is written, 'One does
not live by bread alone, but by every
word that comes from the mouth of
God.'" Then the devil took him to the
holy city and placed him on the pinnacle
of the temple, saying to him, "If you are
the Son of God, throw yourself down;
for it is written, 'He will command his
angels concerning you,' and 'On their
hands they will bear you up, so that
you will not dash your foot against a
stone.'" Jesus said to him, "Again it is
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; and he said to him, "All
these I will give you, if you will fall down
and worship me." Jesus said to him,
"Away with you, Satan! for it is written,
'Worship the Lord your God, and serve
only him.'" Then the devil left him,
and suddenly angels came and waited
on him.

POST COMMUNION

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.