

# Liturgy Alive of 1st Sunday of Lent (B)

## Greeting

The Lord Jesus is among us today  
and speaks his word to us:  
"The right time is now:  
the kingdom of God is close at hand.  
Repent, and believe the Good News."  
May we listen to his word

and may he always be with you. *R/ And also with you.*

Introduction by the Celebrant

### A. Tempted In The Desert (*Option 1*)

Are we surprised that we are sometimes tempted to do evil which we do not want to do or to neglect or abandon what we should do? We are in good company. St. Paul complains about his difficulties of resisting the attraction of evil. And no less than Jesus was tempted. From his example and grace we can draw the strength to prevail over any temptations that come to us. For he has already overcome them for us.

### B. Repent And Believe The Good News (*Option 2*)

As we begin Lent, the urgent message addressed to us today is: "Repent! Have a change of heart, be converted!" But who likes to change one's habits, one's mentality, one's lifestyle? We'd rather be left alone and go our old ways. Even Jesus was driven by the Spirit – yes, by the Spirit! – to the desert to be tempted there, to see with clear eyes who he was and what was his task and how people and events would try to turn him away from his mission. But Jesus was stronger than temptation and sin. May his Spirit convert us to be what we are called to be and to do what we have to do as Christians. May he help us to overcome our temptations and make us stronger than sin.

Penitential Act

Let us pray to the Lord our God  
that we may not give in to temptation.  
(pause)  
Jesus, you were tempted in the desert.  
Help us by your strength  
to overcome temptations  
and to remain faithful to you.

Lord, have mercy. *R/ Lord, have mercy.*

Jesus, you died for our sins.  
Keep our faith and our love alive,  
that we may serve God and people with you.  
Christ, have mercy. *R/ Christ, have mercy.*

Jesus, the Father's will was your life.  
Attune us to God's plan  
for us and for the world.

Lord, have mercy. *R/ Lord, have mercy.*

God, give us the grace to repent  
and be merciful to us.

Opening Prayer

A. Tempted In The Desert (*Option 1*)

Let us pray that during this Lent  
we may turn fully to God and to people  
(pause)  
God of the covenant of love,  
you invite us to follow your Son.  
As the Holy Spirit led him to the desert,  
may he open our eyes to see  
the wastelands of evil  
we have created in our world.  
Help to pray in solitude,  
to feel our hunger for all that is good  
and to overcome our temptations.  
May we learn from Jesus  
to believe in the Good News  
and to give shape to your Kingdom  
of truth and justice and unselfish love.  
We ask this in the name of Jesus the Lord. R/ Amen.

B. Repent And Believe The Good News (*Option 2*)

Let us pray that these forty days of Lent  
may bring us a time of grace  
(pause)  
God of mercy,  
you give us the forty days of Lent  
to let us become aware of the desert of our heart.  
Thank you for letting us come to you  
with a life marked with the scars  
of our own defeats and failures  
and those caused by others.  
Heal us, Lord, and forgive us,  
make us whole and wholesome again.  
Give us the strength of Jesus,  
that we may be faithful to you  
and live for one another.  
We ask this through Christ our Lord. R/ Amen.

**First Reading Introduction: God's Covenant With Noah**

We have God's promise that he will never destroy the work of his hands. His covenant is steadfast, as the rainbow reminds us.

## Second Reading Introduction: One With Christ By Baptism

To discouraged Christians, Peter writes: Christ too has gone through suffering and death, but he is risen. You are one with him by baptism and he will save you.

## Gospel Introduction: Repent And Believe

Jesus sums up his mission in the words: "This is the right time... Repent and believe the Good News." He speaks these words to us today.

### General Intercessions

Let us answer the call of Christ our Lord to repent and to believe in the Good News. Let us say: *R/ Lord, hear the cries of your people.*

- For the community of the Church, that it may let the Spirit renew it all the time, reject the temptations of power and greed, and bring Good News of God's forgiveness to all, let us pray: *R/ Lord, hear the cries of your people.*
- For those who have stopped practicing their faith, that they may find the way back to church, and return to the Lord and his Gospel, let us pray: *R/ Lord, hear the cries of your people.*
- For people facing important choices in life, that they may choose the ways of justice and love, and in everything seek the Lord's will, let us pray: *R/ Lord, hear the cries of your people.*
- For young people and adults who are preparing for baptism and for those who help them in this preparation, that the Lord may give them peace and joy, let us pray: *R/ Lord, hear the cries of your people.*
- For those who are passing through deserts of suffering, failures, and disappointments, that the Spirit may give them the strength to overcome their troubles, let us pray: *R/ Lord, hear the cries of your people.*

Lord our God, touch the heart of each and all of us to make us turn fully to you and to live the Good News of Jesus Christ our Lord. *R/ Amen.*

### Prayer over the Gifts

God our Father,  
the bread and wine we bring before you  
come from your hands  
and you will give them once more to us  
as bread and drink of eternal life.  
Take us too; accept us the way we are,  
but let us not go away from this meal  
before you have changed us more  
into the likeness of Jesus, your Son and our brother.

We ask this in the name of Jesus the Lord. *R/ Amen.*

### Introduction to the Eucharistic Prayer

During Lent we may always use the Eucharistic Prayers of Reconciliation.

With Jesus among us what have we to fear? Let us praise and thank our Father for giving us Jesus the Lord.

### Introduction to the Lord's Prayer

Moved by the Spirit of Jesus,  
let us pray to the Father of all  
that he may give us the strength  
to resist all the temptations

of greed, power, and self-conceit. *R/ Our Father...*

### Deliver Us

Deliver us Lord, from all temptations  
to keep our old selfish ways,  
for they lead us only to the evil of sin.  
Make us strong in the trials of life  
and confirm us in the joy  
of knowing that you love and accept us  
and that you rely on us to prepare in hope

the full coming of our Savior Jesus Christ. *R/ For the kingdom...*

#### Invitation to Communion

This is Jesus our Lord  
who went through our trials and temptations  
to make us free for God and one another.  
Happy are we to receive him

as our joy and our courage. *R/ Lord, I am not worthy...*

#### Prayer after Communion

Loving and patient God,  
we thank you for Jesus your Son.  
He has spoken to us words of peace,  
of forgiveness and encouragement.  
He has given us himself as our food.  
Let him be our companion on the road  
that we may not stumble and fall,  
but that he may lead us through trials and lapses  
on the ways of conversion to you and to people.  
May we also support one another

by the power of Jesus Christ our Lord. *R/ Amen.*

#### Blessing

In this Eucharist we have celebrated  
God's covenant with us  
into which we have entered through baptism.  
But let us never forget that his bond  
commits us also to our brothers and sisters.  
We are responsible for one another.  
May no need remain unnoticed,  
no cry fall on deaf ears,  
no hand be extended in vain.  
Perhaps the conversion we need most is  
to discover our neighbor and to turn to him or her.  
May God help and bless you all:  
the Father, and the Son, and the Holy Spirit. *R/ Amen.*

Go in the peace and the love of Christ. *R/ Thanks be to God.*