

THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

1st Sunday of Lent (C)

9th March 2025

THE INTRODUCTORY RITES

Entrance Antiphon or a hymn *Stand*

Cf. Ps 90:15-16

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

All make the Sign of the Cross as the Priest says:

In the name of the Father, and of the Son,
and of the Holy Spirit. **Amen.**

The Priest greets everyone present.

*The people respond: **And with your spirit.***

The Mass of the day may be introduced.

Penitential Act

Lord Jesus, you came to reconcile us to the Father
and to one another:

Lord, have mercy. *Or:* Kyrie, eleison.

Lord, have mercy. Or: Kyrie, eleison.

You heal the wounds of our sin and division:

Christ, have mercy. *Or:* Christe, eleison.

Christ, have mercy. Or: Christe, eleison.

You intercede for us with the Father:

Lord, have mercy. *Or:* Kyrie, eleison.

Lord, have mercy. Or: Kyrie, eleison.

The absolution by the Priest follows:

May almighty God have mercy on us,
forgive us our sins,
and bring us to everlasting life.

Amen.

Collect

Grant, almighty God,
through the yearly observances of holy Lent,
that we may grow in understanding
of the riches hidden in Christ
and by worthy conduct pursue their effects.
Through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the
Holy Spirit,
God, for ever and ever.

Amen.

Sit

THE LITURGY OF THE WORD

First Reading

A reading from the Book of Deuteronomy.

Deuteronomy 26:4-10

Moses spoke to the people: 'The priest shall take the basket from your hand and set it down before the altar of the LORD your God. And you shall make response before the LORD your God, "A wandering Aramean was my father. And he went down into Egypt and sojourned there, few in number, and there he became a nation, great, mighty, and populous. And the Egyptians treated us harshly and humiliated us and laid on us hard labour. Then we cried to the LORD, the God of our fathers, and the LORD heard our voice and saw our affliction, our toil, and our oppression. And the LORD brought us out of Egypt with a mighty hand and an outstretched arm, with great deeds of terror, with signs and wonders. And he brought us into this place and gave us this land, a land flowing with milk and honey. And behold, now I bring the first of the fruit of the ground, which you, O LORD, have given me." And you shall set it down before the LORD your God and worship before the LORD your God.'

The word of the Lord.

Thanks be to God.

Psalm

Psalm 91(90):1-2. 10-11. 12-13. 14-15. R. cf 15b
R. Be with me, O Lord, in my distress.

He who dwells in the shelter of the Most High,
and abides in the shade of the Almighty,
says to the LORD, 'My refuge,
my stronghold, my God in whom I trust!' **R.**

Upon you no evil shall fall,
no plague approach your tent.
For you has he commanded his angels
to keep you in all your ways. **R.**

They shall bear you upon their hands,
lest you strike your foot against a stone.
On the lion and the viper you will tread,
and trample the young lion and the serpent. **R.**

Since he clings to me in love, I will free him,
protect him, for he knows my name.
When he calls on me, I will answer him;
I will be with him in distress;
I will deliver him, and give him glory. **R.**

Second Reading

A reading from the Letter of St Paul to the
Romans. Romans 10:8-13

Brothers and sisters: What does Scripture say? 'The word is near you, in your mouth and in your heart' (that is, the word of faith that we proclaim); because, if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For with the heart one believes and is justified, and with the mouth one confesses and is saved. For the Scripture says, 'Everyone who believes in him will not be put to shame.' For there is no distinction between Jew and Greek; for the same Lord is Lord of all, bestowing his riches on all who call on him. For, 'everyone who calls on the name of the Lord will be saved.'

The word of the Lord.
Thanks be to God.

Acclamation before the Gospel *Stand*
Matthew 4:4b

**Glory and praise to you, O Christ.
One does not live by bread alone,
but by every word that comes forth from
the mouth of God.
Glory and praise to you, O Christ.**

Gospel Luke 4:1-13

The Lord be with you.
And with your spirit.
A reading from the holy Gospel according to Luke.
Glory to you, O Lord.

At that time: Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were over, he was hungry.

The devil said to him, 'If you are the Son of God, command this stone to become bread.' And Jesus answered him, 'It is written, "Man shall not live by bread alone."'

And the devil took him up and showed him all the kingdoms of the world in a moment of time, and said to him, 'To you I will give all this authority and their glory, for it has been delivered to me, and I give it to whom I will. If you, then, will worship me, it will all be yours.'

And Jesus answered him, 'It is written, "You shall worship the Lord your God, and him only shall you serve."'

And he took him to Jerusalem and set him on the pinnacle of the temple and said to him, 'If you are the Son of God, throw yourself down from here, for it is written, "He will command his angels concerning you, to guard you", and "On their hands they will bear you up, lest you strike your foot against a stone."' And Jesus answered him, 'It is said, "You shall not put the Lord your God to the test."'

And when the devil had ended every temptation, he departed from him until an opportune time.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

Homily *Sit*

The Nicene Creed *Stand*
**I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made,
consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit *All bow*
was incarnate of the Virgin Mary,
and became man.**

**For our sake he was crucified under
Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord,
the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored
and glorified,
who has spoken through the prophets.**

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come. Amen.**

Or:

**The Apostles' Creed
I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the *All bow*
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.**

Prayer of the Faithful

Response example: Lord, in your mercy.
Hear our prayer.

After the concluding prayer all say: Amen. Sit

THE LITURGY OF THE EUCHARIST

*The offerings are brought to the altar.
A hymn may be sung. If the Priest says the two
prayers of offering aloud, the response both
times is:*

Blessed be God for ever.

The people rise as the Priest says:
Pray, brethren (brothers and sisters),
that my sacrifice and yours
may be acceptable to God,
the almighty Father.

The people reply:

**May the Lord accept the sacrifice
at your hands
for the praise and glory of his name,
for our good
and the good of all his holy Church.**

Prayer over the Offerings

Give us the right dispositions, O Lord, we pray,
to make these offerings,
for with them we celebrate the beginning
of this venerable and sacred time.
Through Christ our Lord.
Amen.

The Eucharistic Prayer

The Lord be with you.
And with your spirit.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.

*The Priest continues with the Preface and
concludes with the people, singing or saying aloud:*

**Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of
the Lord.
Hosanna in the highest. *Kneel***

The Eucharistic Prayer continues until the priest says:

The mystery of faith.
*And the people continue, acclaiming one of the
following:*

**We proclaim your Death, O Lord,
and profess your Resurrection
until you come again.**

Or:

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

Or:

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

*The Priest concludes the Eucharistic Prayer
saying alone:*

Through him, and with him, and in him,
O God, almighty Father,
in the unity of the Holy Spirit,
all glory and honour is yours,
for ever and ever.

The people acclaim: Amen.

The Communion Rite

Stand

The Priest invites all to join in the Lord's Prayer:
**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.**

The Priest continues alone:
Deliver us, Lord, we pray, from every evil,
graciously grant peace in our days,
that, by the help of your mercy,
we may be always free from sin
and safe from all distress,
as we await the blessed hope
and the coming of our Saviour, Jesus Christ.
**For the kingdom,
the power and the glory are yours
now and for ever.**

The Priest says:
Lord Jesus Christ,
who said to your Apostles:
Peace I leave you, my peace I give you,
look not on our sins,
but on the faith of your Church,
and graciously grant her peace and unity
in accordance with your will.
Who live and reign for ever and ever.
Amen.
The peace of the Lord be with you always.
And with your spirit.

The Deacon, or the Priest, adds:
Let us offer each other the sign of peace.
The Priest takes the host and breaks it.

Meanwhile the people say or sing:

**Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.**

Kneel

The Priest shows the host to the people and says:
Behold the Lamb of God,
behold him who takes away the sins of the world.
Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy
that you should enter under my roof,
but only say the word
and my soul shall be healed.**

*The Priest or other minister says to each
communicant:*

The Body [Blood] of Christ.

Each communicant answers: **Amen.**

Communion Antiphon

Mt 4:4

**One does not live by bread alone,
but by every word that comes forth from the
mouth of God.**

Prayer after Communion

Stand

Renewed now with heavenly bread,
by which faith is nourished, hope increased,
and charity strengthened,
we pray, O Lord,
that we may learn to hunger for Christ,
the true and living Bread,
and strive to live by every word
which proceeds from your mouth.
Through Christ our Lord.

Amen.

THE CONCLUDING RITES

Announcements may be made. *Then:*

Blessing and Dismissal

Priest: The Lord be with you.

All: And with your spirit.

Prayer over the People

The Deacon, or the Priest, says:
Bow down for the Blessing.

The Priest continues:

May bountiful blessing, O Lord, we pray,
come down upon your people,
that hope may grow in tribulation,
virtue be strengthened in temptation,
and eternal redemption be assured.
Through Christ our Lord.
Amen.

And may the blessing of almighty God,
the Father, and the Son, ✠ and the Holy Spirit,
come down on you and remain with you for ever.
Amen.

Then the Deacon, or the Priest, says:

Go forth, the Mass is ended. *Or:*
Go and announce the Gospel of the Lord. *Or:*
Go in peace, glorifying the Lord by your life. *Or:*
Go in peace.

Thanks be to God.



CATHOLIC
PRINTING
COMMUNION OF PARISHES

www.catholicprint.co.uk

0161 873 7457

Concordat cum originali: Jane Porter.
Imprimatur: Christopher Dawson, Chancellor, Salford.
The English translation of the Lectionary for Mass
© 2023 Catholic Bishops' Conference of England
and Wales and Bishops' Conference of Scotland.
The Abbey Psalms and Canticles by the Monks
of Conception Abbey ©2018, 2010 United States
Conference of Catholic Bishops, Washington, DC.
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