



FIRST SUNDAY OF LENT



WORSHIP AID

OPENING HYMN

**LORD WHO THROUGHT
THESE FORTY DAYS**

First Reading Genesis 9:8-15 After the great flood, God told Noah of the covenant between heaven and earth. Never again would a flood destroy the earth. The Lord set up a rainbow in the sky.

Responsorial Psalm
Psalm 25:4-5, 6-7, 8-9

Second Reading 1 Peter 3:18-22 As the ark saved a chosen few in Noah's day, so does baptism by faith save God's chosen today. Baptism is "an appeal to God for a clear conscience."

Gospel Acclamation *Matthew 4:4b*

Gospel Mark 1:12-15 The Spirit sent Jesus to the desert to fast and pray for forty days. Afterwards, Jesus appeared in Galilee proclaiming "the kingdom of God is at hand. Repent, and believe in the gospel."

OFFERTORY HYMN

**ONLY THIS I WANT
HOLY**

**WE PROCLAIM YOUR DEATH
AMEN**

**LORDS PRAYER
LAMB OF GOD**

SPIRITUAL COMMUNION PRAYER

**COMMUNION HYMN
ON EAGLE'S WINGS**

**CLOSING HYMN
40 DAYS AND 40 NIGHTS**

OPENING HYMN

LORD WHO THROUGHOUT THESE FORTY DAYS

1 Lord, who throughout these forty days
For us did fast and pray,
Teach us to overcome our sins,
And close by You to stay.

2 As You with Satan did contend
And did the vict'ry win,
O give us strength in You to fight,
In You to conquer sin.

OFFERTORY HYMN

ONLY THIS I WANT

Only this I want: But to know the Lord
And to bear his cross, so to wear the crown he wore

All but this is loss, worthless refuse to me
For to gain the Lord is to gain all I need

Only this I want: But to know the Lord
And to bear his cross, so to wear the crown he wore

I will run the race; I will fight the good fight
So to win the prize of the kingdom of my Lord

Only this I want: But to know the Lord
And to bear his cross, so to wear the crown he wore

SACRAMENTAL PRAYER

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

COMMUNION HYMN

ON EAGLE'S WINGS

You who dwell in the shelter of the Lord
Who abide in His shadow for life
Say to the Lord, "My refuge, my rock in whom I trust!"

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand

The snare of the fowler will never capture you
And famine will bring you no fear
Under His wings your refuge, His faithfulness your shield

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand

You need not fear the terror of the night
Nor the arrow that flies by day
Though thousands fall about you, near you it shall not come

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand

For to His angels He's given a command
To guard you in all of your ways
Upon their hands they will bear you up
Lest you dash your foot against a stone

And He will raise you up on eagles' wings
Bear you on the breath of dawn
Make you to shine like the sun
And hold you in the palm of His hand
And hold you, hold you in the palm of His hand

CLOSING HYMN

40 DAYS AND 40 NIGHTS

1 Forty days and forty nights
You were fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled.

2 Shall not we Your sorrow share
And from worldly joys abstain,
Fasting with unceasing prayer,
Strong with You to suffer pain?

3 Then, if Satan on us press,
Flesh or spirit to assail,
Victor in the wilderness,
Grant we may not faint nor fail!