

## First Sunday of Lent - Lectionary: 22

### Reading 1 [GN 2:7-9; 3:1-7](#)

The LORD God formed man out of the clay of the ground and blew into his nostrils the breath of life, and so man became a living being. Then the LORD God planted a garden in Eden, in the east, and placed there the man whom he had formed. Out of the ground the LORD God made various trees grow that were delightful to look at and good for food, with the tree of life in the middle of the garden and the tree of the knowledge of good and evil. Now the serpent was the most cunning of all the animals that the LORD God had made. The serpent asked the woman, "Did God really tell you not to eat from any of the trees in the garden?" The woman answered the serpent: "We may eat of the fruit of the trees in the garden; it is only about the fruit of the tree in the middle of the garden that God said, 'You shall not eat it or even touch it, lest you die.'" But the serpent said to the woman: "You certainly will not die! No, God knows well that the moment you eat of it your eyes will be opened and you will be like gods who know what is good and what is evil." The woman saw that the tree was good for food, pleasing to the eyes, and desirable for gaining wisdom. So she took some of its fruit and ate it; and she also gave some to her husband, who was with her, and he ate it. Then the eyes of both of them were opened, and they realized that they were naked; so they sewed fig leaves together and made loincloths for themselves.

### Reading 2 [ROM 5:12, 17-19](#)

Brothers and sisters: Through one man sin entered the world, and through sin, death, and thus death came to all men, inasmuch as all sinned. For if, by the transgression of the one, death came to reign through that one, how much more will those who receive the abundance of grace and of the gift of justification come to reign in life through the one Jesus Christ. In conclusion, just as through one transgression condemnation came upon all, so, through one righteous act, acquittal and life came to all. For just as through the disobedience of the one man the many were made sinners, so, through the obedience of the one, the many will be made righteous.

### Gospel [MT 4:1-11](#)

At that time Jesus was led by the Spirit into the desert to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was hungry. The tempter approached and said to him, "If you are the Son of God, command that these stones become loaves of bread." He said in reply, "It is written: One does not live on bread alone, but on every word that comes forth from the mouth of God." Then the devil took him to the holy city, and made him stand on the parapet of the temple, and said to him, "If you are the Son of God, throw yourself down. For it is written: He will command his angels concerning you and with their hands they will support you, lest you dash your foot against a stone." Jesus answered him, "Again it is written, You shall not put the Lord, your God, to the test." Then the devil took him up to a very high mountain, and showed him all the kingdoms of the world in their magnificence, and he said to him, "All these I shall give to you, if you will prostrate yourself and worship me." At this, Jesus said to him, "Get away, Satan! It is written: The Lord, your God, shall you worship and him alone shall you serve." Then the devil left him and, behold, angels came and ministered to him.

Paul summed up our human history in relation to God, in just those few sentences of the first reading. God created the human family in perfection. But Adam, created free and able to choose life or death, chose poorly. His original sin affected all of creation, not just every person who was born after him. Jesus Christ was God's response.

Helpless to help ourselves since humanity had become corrupted in our nature, we needed a savior, someone like us in all things but not born in that original sin. Jesus Christ was and is that Savior. Adam, acting against his nature, disobeyed God when he ran into the devil in the Garden of Eden, and all of Adam's descendants suffered the painful consequences. Jesus obeyed God the Father and his spiritual descendants receive from him the restoration of righteousness - a right relationship with God.

Because of that 'original sin' and the sinful habits that we ourselves have willingly developed, all of us are tempted to seek sinful pleasures, easy wealth, a position of authority, power, glory, and all too often to use any means, to get what we want. But we are consistently reminded, especially during lent, that we must continuously follow the example of Jesus in the desert. We are to confront the enemy and conquer temptations. Lent is a time to look at the temptations we face, the sins we commit and the consequences that result. It is a time that reminds us of the human journey of fall and redemption.

Originally, Lent was the season when those about to be baptized repented of their sins and sought to know the Lord Jesus more intimately. Then it became a season for the baptized to do the same. We are invited in this season of Lent, to recall our baptismal promises and our confirmation commitments: we are invited to consider the ways in which we have strayed through sin, temptation, blindly following others, unquestioningly accepting what the gospel of the culture of death invites us to believe: We are invited to repent and believe in the Gospel... the Gospel of life.

We are to grow in holiness by prayer, reconciliation and sharing during Lent:

- a) by finding time to be with God every day of Lent, speaking and listening to Him
- b) through the meditative reading of the Bible;
- b) by repenting of our sins daily and asking God's forgiveness every night;
- c) by being reconciled with God through the Sacrament of Reconciliation;
- d) by being reconciled with others, forgiving them the hurts they have caused us and asking their pardon for the hurts we have inflicted on them;
- e) by sharing our love with others through selfless and humble service, almsgiving and helping those in need;
- f) by living the Gospel of God's love, mercy and forgiveness in our lives

Lent — is like springtime, a time of hope and joy. Derived from the word "lengthen." So when we reflect on the movement of the natural seasons, such as from winter to spring, when the days are lengthened and, the sun shines brighter; we can liken it to our movement from darkness and distance from 'the light' to a springtime of faith, renewal, conversion and transformation. New Life.