

Sunday 22nd February 2026

1st Sunday of Lent

Readings

Genesis 2.15–17

15 The Lord God took the man and put him in the garden of Eden to till it and keep it.

16 And the Lord God commanded the man, You may freely eat of every tree of the garden;

17 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.

This is the word of the Lord.

All: Thanks be to God.

Romans 5.12–19

12 Therefore, 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-

13 sin was indeed in the world before the law, but sin is not reckoned when there is no law.

14 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.

15 But the free gift is not like the trespass. For if the many died through the one mans 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.

16 And the free gift is not like the effect of the one mans sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification.

17 If, because of the one mans 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.

18 Therefore just as one mans trespass led to condemnation for all, so one mans act of righteousness leads to justification and life for all.

19 For just as by the one mans disobedience the many were made sinners, so by the one mans obedience the many will be made righteous.

This is the word of the Lord.

All: Thanks be to God.

Gospel Reading

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

All: Glory to you, O Lord.

Matthew 4.1–11

1 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil.

2 He fasted for forty days and forty nights, and afterwards he was famished.

3 The tempter came and said to him, If you are the Son of God, command these stones to become loaves of bread.

4 But he answered, It is written, One does not live by bread alone,
but by every word that comes from the mouth of God.

5 Then the devil took him to the holy city and placed him on the pinnacle of the temple,
6 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.

7 Jesus said to him, Again it is written, Do not put the Lord your God to the test.

8 Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and
their splendour;

9 and he said to him, All these I will give you, if you will fall down and worship me.

10 Jesus said to him, Away with you, Satan! for it is written, Worship the Lord your God,
and serve only him.

11 Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord.

All: Praise to you, O Christ.

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