

Quadragesima: The First Sunday in Lent

The Introit **Psalm 91: 15-16** *Invocabit me, Ps vs. 1 [2, 8, 9, 11, 12]* TONE IV



Antiphon: He shall call upon me, and I will answer him; *
I am with him in trouble;
I will rescue him and bring him to honor.

With long life will I satisfy him, *
and show him my salvation.

Psalm He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.

[He shall say to the LORD, ↓
"You are my refuge and my stronghold, *
my God in whom I put my trust."

Your eyes have only to behold *
to see the reward of the wicked.

Because you have made the LORD your refuge, *
and the Most High your habitation,

For he shall give his angels charge over you, *
to keep you in all your ways.

They shall bear you in their hands, *
lest you dash your foot against a stone.]

Gloria Patri. Glo-ry to the Father, and to the Son, ↓
and to the Holy Spirit, *

As it was in the beginning, is now and ever,
for all ages of ages. A-men

Antiphon

The Kyrie **or** Litany

The Collect:

O God, you purify your family, the Church, by the yearly observance of Lent. Grant that, what they strive to obtain from you by abstinence, they may achieve by good works; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

The First Reading **Joel 2:12-19**

Yet even now, says the LORD, return to me with all your heart, with fasting, with weeping, and with mourning; rend your hearts and not your clothing. Return to the LORD, your God, for he is gracious and merciful, slow to anger, and abounding in steadfast love, and relents from punishing. Who knows whether he will not turn and relent, and leave a blessing behind him, a grain offering and a drink offering for the LORD, your God? Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people. Sanctify the congregation; assemble the aged; gather the children, even infants at the breast. Let the bridegroom leave his room, and the bride her canopy. Between the vestibule and the altar let the priests, the ministers of the LORD, weep. Let them say, "Spare your people, O LORD, and do not make your heritage a mockery, a byword among the nations. Why should it be said among the peoples, 'Where is their God?'" Then the LORD became jealous for his land, and had pity on his people. In response to his people the LORD said: I am sending you grain, wine, and oil, and you will be satisfied; and I will no more make you a mockery among the nations.

Silence

The Gradual *Angelis suis Deus, Psalm 91: 11-12*



For he shall give his angels charge over you, *
to keep you in all your ways.

They shall bear you in their hands, *
lest you dash your foot against a stone.

The Epistle: *2 Corinthians 6: 1-10*

Brethren: As we work together with him, we urge you also not to accept the grace of God in vain. For he says, "At an acceptable time I have listened to you, and on a day of salvation I have helped you." See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see — we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

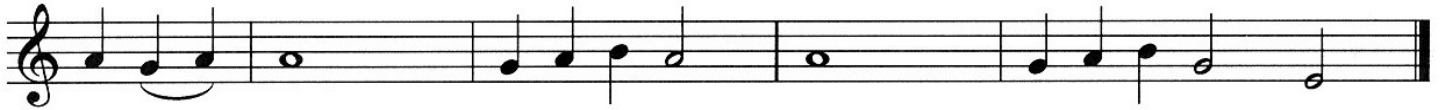
Silence

Deacon: Praise to you Lord Jesus Christ, King of endless glory!

People: Praise to you Lord Jesus Christ, King of endless glory!

TRACT Psalm 91, Qui habitat, Verses 1-7, 11-16

STONE IV



He who dwells in the shelter of the Most High, *
abides under the shadow of the Almighty.

He shall say to the LORD, ↓
"You are my refuge and my stronghold, *
my God in whom I put my trust."

He shall deliver you from the snare of the hunter *
and from the deadly pestilence.

He shall cover you with his pinions, ↓
and you shall find refuge under his wings; *
his faithfulness shall be a shield and buckler.

You shall not be afraid of any terror by night, *
nor of the arrow that flies by day;

Of the plague that stalks in the darkness, *
nor of the sickness that lays waste at mid-day.

A thousand shall fall at your side ↓
and ten thousand at your right hand, *
but it shall not come near you.

For he shall give his angels charge over you, *
to keep you in all your ways.

They shall bear you in their hands, *
lest you dash your foot against a stone.

You shall tread upon the lion and adder; *
you shall trample the young lion and the serpent
under your feet.

Because he is bound to me in love, ↓
therefore will I deliver him; *

I will protect him, because he knows my Name.

He shall call upon me, and I will answer him; *

I am with him in trouble;

I will rescue him and bring him to honor.

With long life will I satisfy him, *

and show him my salvation.

People: Praise to you Lord Jesus Christ, King of endless glory!

The Gospel: [Matthew 4:1-11](#)

At that time... Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted forty days and forty nights, and afterwards he was famished. The tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, 'One does not live by bread alone, but by every word that comes from the mouth of God.'" Then the devil took him to the holy city and placed him on the pinnacle of the temple, 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.'" Jesus said to him, "Again it is written, 'Do not put the Lord your God to the test.'" Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendor; and he said to him, "All these I will give you, if you will fall down and worship me." Jesus said to him, "Away with you, Satan! for it is written, 'Worship the Lord your God, and serve only him.'" Then the devil left him, and suddenly angels came and waited on him.

The Nicene Creed

Offertory: Scapulis suis Psalm 91: 4-5

STONE III



He shall cover you with his pinions, ↓
and you shall find refuge under his wings; *
his faithfulness shall be a shield and buckler.

You shall not be afraid of any terror by night, *
nor of the arrow that flies by day;

The Prayer over the gifts:

O Lord, we solemnly offer to you this holy sacrifice at the beginning of Lent and pray that as we abstain from flesh at our meals, we may likewise refrain from harmful pleasures; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

Preface of Lent:

It is truly right and just, our joy and helpful to salvation, that we, always and everywhere give thanks to you, Father Almighty, Creator of heaven and earth; through Jesus Christ our Lord,

Who was tempted in every way as we are, yet did not sin. By his grace we are able to triumph over every evil, and to live no longer for ourselves alone, but for him who died for us and rose again.

Therefore we praise you, joining our voices with Angels and Archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

The First Sunday in Lent before the Pax Domini

Priest: May Almighty God give you His blessing, and grant you so to live in this present life, that receiving the reward of those that labored in the vineyard, you may have forgiveness of your sins, and finally come to your glorious resurrection with all the saints of God. *Amen.*

Priest: May He bestow upon you the unconquerable defense of a virtuous spirit, that you may be able to follow the example of our Saviour Christ, and overcome the wiles of the devil. *Amen.*

Priest: May you be sustained, in self-discipline and all good works, by the spiritual nourishment that comes, not by bread alone, but by every word that proceeds out of the mouth of God, and at the last be found worthy to receive an incorruptible crown of glory. *Amen.*

Priest: May the Lord God Almighty, Whose glorious Kingdom endures for ever, be pleased to bestow these blessings upon you; and...

Priest: The ✠ Peace of The Lord be always with you.

People: And with your spirit.

Communion: *Scapulis suis Psalm 91: 4-5*

-tone III



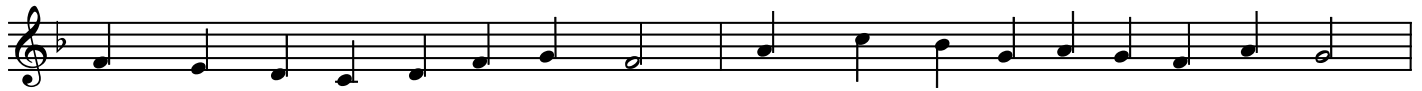
He shall cover you with his pinions, ↓
and you shall find refuge under his wings; *
his faithfulness shall be a shield and buckler.

You shall not be afraid of any terror by night, *
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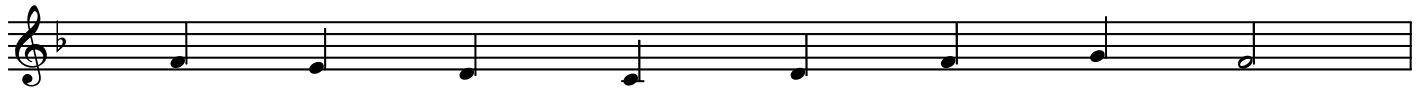
The Postcommunion Collect:

We beseech You, almighty God, that we, who have received this Heavenly Food, may be safeguarded by it against all adversity; through Jesus Christ your Son, our Lord, who lives and reigns with you and the Holy Spirit, God, for all ages of ages. *Amen.*

The following hymn is used from the Feast of the Presentation (February 2) through Compline on Wednesday of Holy Week.



A - ve, Re - gi - na cae - lo - rum, A - ve, Do - mi - na an - ge - lo - rum:
Wel - come, O Que - en of Hea - ven. Wel - come, O La - dy of the An - gels



Sal - ve ra - dix, Sal - ve por - ta,
O Sav - ing Root, Sav - ing Por - tal,



Ex qua mun - do lux est or - ta: Gau - de, Vir - go glo - ri - o - sa,
From whom comes the Light Im - mor - tal. Re - joice, O glo - ri - ous Vir - gin,



Su - per om - nes spe - ci - o - sa: Va - le, O val - de de - co - ra,
Love - ly be - yond o - ther wo - men, Fare - well, most beau - ti - ful maid - en,



Et pro no - bis Chri - stum ex - o - ra.
And pray for us to Christ our Sav - ior.

V. Make me worthy to praise you, O holy Virgin.

R. Give me strength against your enemies.

V. Let us pray:

Grant us, O merciful God, protection in our weakness, that we who celebrate the memory of the holy Mother of God, may, through the aid of her intercession, rise from our sins.

Through the same Christ our Lord. *Amen*