

**COLLECT**

Almighty God,  
 whose Son Jesus Christ fasted forty days  
 in the wilderness,  
 and was tempted as we are, yet without  
 sin:  
 give us grace to discipline ourselves in  
 obedience to your Spirit;  
 and, as you know our weakness,  
 so may we know your power to save;  
 through Jesus Christ your Son our Lord,  
 who is alive and reigns with you,  
 in the unity of the Holy Spirit,  
 one God, now and for ever.

**FIRST READING**

**Genesis 2:15-17; 3:1-7**

*A reading from the book of Genesis.*  
 The LORD God took the man and  
 put him in the garden of Eden to till  
 it and keep it. And the LORD God  
 commanded the man, "You may freely  
 eat of every tree of the garden; 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." Now the  
 serpent was more crafty than any other  
 wild animal that the LORD God had  
 made. He said to the woman, "Did God  
 say, 'You shall not eat from any tree in  
 the garden?'" The woman said to the  
 serpent, "We may eat of the fruit of the  
 trees in the garden; but God said, 'You  
 shall not eat of the fruit of the tree that  
 is in the middle of the garden, nor shall  
 you touch it, or you shall die.'" But the  
 serpent said to the woman, "You will  
 not die; for God knows that when you  
 eat of it your eyes will be opened, and  
 you will be like God, knowing good and  
 evil." So when the woman saw that the  
 tree was good for food, and that it was  
 a delight to the eyes, and that the tree  
 was to be desired to make one wise,  
 she took of its fruit and ate; and she  
 also gave some to her husband, who  
 was with her, and he ate. Then the eyes  
 of both were opened, and they knew  
 that they were naked; and they sewed  
 fig leaves together and made loincloths  
 for themselves.

**PSALM Psalm 32**

**R** *I will confess my transgressions to the Lord.*

Happy are they whose transgressions  
 are forgiven,  
 and whose sin is put away!  
 Happy are they to whom the Lord  
 imputes no guilt,  
 and in whose spirit there is no guile! **R**

While I held my tongue, my bones  
 withered away,  
 because of my groaning all day long.  
 For your hand was heavy upon me day  
 and night;  
 my moisture was dried up as in the heat  
 of summer. **R**

Then I acknowledged my sin to you,  
 and did not conceal my guilt.  
 I said, "I will confess my transgressions  
 to the Lord";  
 then you forgave me the guilt of my  
 sin. **R**

Therefore all the faithful will make their  
 prayers to you  
 in time of trouble;  
 when the great waters overflow, they  
 shall not reach them.  
 You are my hiding-place;  
 you preserve me from trouble;  
 you surround me with shouts of  
 deliverance. **R**

"I will instruct you and teach you  
 in the way that you should go;  
 I will guide you with my eye.  
 Do not be like horse or mule,  
 which have no understanding;  
 who must be fitted with bit and bridle,  
 or else they will not stay near you." **R**

Great are the tribulations of the wicked;  
 but mercy embraces those who trust  
 in the Lord.  
 Be glad, you righteous, and rejoice in  
 the Lord;  
 shout for joy, all who are true of heart. **R**

**SECOND READING Romans 5:12-19**

*A reading from the letter of Paul to the Romans.*

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 – sin was indeed in the  
 world before the law, but sin is not  
 reckoned when there is no law. 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.  
 But the free gift is not like the trespass.  
 For if the many died through the one  
 man's 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. And the free  
 gift is not like the effect of the one  
 man's sin. For the judgement following  
 one trespass brought condemnation but  
 the free gift following many trespasses  
 brings justification. If, because of the  
 one man's 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.  
 Therefore just as one man's trespass  
 led to condemnation for all, so the  
 act of righteousness of one leads to  
 justification and life for all. For just as  
 by the one person's disobedience the  
 many were made sinners, so by the one  
 man's obedience the many will be made  
 righteous.

**GOSPEL Matthew 4:1-11**

*Hear the gospel of our Lord Jesus Christ according to Matthew.*

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 splendour; 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.

**POST COMMUNION**

Lord God,  
 you have renewed us with the living  
 bread from heaven;  
 by it you nourish our faith,  
 increase our hope,  
 and strengthen our love:  
 teach us always to hunger for him  
 who is the true and living bread,  
 and enable us to live by every word  
 that proceeds from out of your mouth;  
 through Jesus Christ our Lord.