

FAMILY MASS
First Sunday of Lent
February 22, 2026

FIRST READING: This is a reading from the book of Genesis.

God created the first human beings out of clay from the ground,
and breathed into them the breath of life,
and they became living people.

God planted a garden in the east, in a place called Eden,
and God put the first human beings there.

God put many wonderful fruit trees in the garden.
and it was beautiful.

In the middle of the garden, God put the tree of life.

It was a tree that taught what is good and what is evil.

Now the serpent was the sneakiest of all the wild creatures
that God had made. And the serpent said to the woman,

“Did God tell you not to eat the fruit
of any tree here in the garden?”

The woman answered,

“We may eat the fruit of all the trees,
except the tree in the middle of the garden. God told us,
‘You may not eat the fruit of the tree
in the middle of the garden.
You may not even touch it, or you will die.’ “

But the serpent said to the woman,

“No, you won’t die. God knows that if you eat from that tree,
you will be like gods. Then you will know
what is good and what is evil.”

So when the woman saw how beautiful the tree was,
how good the fruit looked, and that it could give her knowledge,
she took some of the fruit and ate it.

And she gave some to her husband, and he ate it, too.

(Then they understood that they were naked.

So they made for themselves clothes out of fig leaves.)

The Word of the Lord

R: Thanks be to God!

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RESPONSORIAL PSALM:

In your kindness, O my God, have mercy on me.

I now that I have sinned and done what is wrong.

In your kindness, O my God, have mercy on me.

O God, forgive my sins, and make my heart true.

In your kindness, O my God, have mercy on me.

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SECOND READING: A reading from the Letter of St. Paul to the Romans.

Brothers and sisters: Through one man sin entered the world,
and through sin, death.

Death came to all mankind, because all mankind has sinned.

If by the sin of one man, death came to us all,

how much more will we all receive through believing in Jesus Christ and the
love and forgiveness he has for us?

In conclusion, just as one sin came to us all,

so too, will believing in Christ bring life to us all.

The Word of the Lord

R: Thanks be to God!

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GOSPEL ACCLAMATION:

If you live by my Word, the Good News of God is for you.

GOSPEL:

Matthew 4:1-11

This is a reading from the Gospel of Matthew.

After Jesus was baptized in the Jordan River,
the Spirit led him into the desert.

Jesus stayed in the desert
for forty days and forty nights.

During all that time he did not eat,
and he was hungry.

And the devil came to him and said,

“If you are the Son of God,
tell these stones to become loaves of bread.”

But Jesus said,

“It is written in the books of Moses,

‘People do not live only by eating bread.

They also live by all the words that come from God.’ “

Then the devil took Jesus

to the very top of the temple in Jerusalem

and said to him,

“If you are the Son of God, jump down from here,

because it is written in the book of Psalms,

‘God will tell the angels to take care of you.

And they will catch you

so that you will not hurt your foot on a rock.’ “

But Jesus said,

“It is also written, ‘You shall not test you God.’ “

Then the devil took Jesus up on a very high mountain

and showed him all the kingdoms of the world.

The devil said to Jesus,

“You can have these kingdoms.

I will give them all to you if you will worship me.”

Jesus said

“Get away from me, Satan!

It is written in the books of Moses,

‘You must worship only God

and serve no one else.’ “

Then the devil left him,

and the angels came and took care of Jesus.

The Gospel of the Lord.

R: Praise to you, Lord Jesus Christ.