

A PRAYER SERVICE AT HOME

WHEN ATTENDANCE AT MASS IS NOT POSSIBLE

First Sunday of Lent

In these extraordinary times when we cannot gather as a Christian Community to celebrate Mass, let us unite ourselves spiritually to the Mass as it is being celebrated in our churches.

One way you can do this by joining broadcast Masses on radio, television, or via the internet.

This resource is offered to provide a ritual by which families, "the domestic church," can keep the Lord's day holy by joining together to celebrate part of the Church's liturgy at home. Ideally, the head of the family will lead the service; other members of the family should take on roles as readers.

It would be appropriate to celebrate this service at the usual time the family would attend Mass. If possible, prepare a suitable prayer space with a crucifix, holy picture and/or a candle or two. If the family is blessed with musical talent, hymns would be appropriate.

INTRODUCTORY RITES

Leader: In the name of the Father, and of the Son, and of the Holy Spirit.

All: **Amen.**

GREETING

Leader: We gather together to keep holy the Lord's Day. Sunday has been called the Lord's Day because it was on this day, on the first Easter, that Jesus conquered sin and death and rose to new life. Although public Mass has been restored, the threat of the transmission of COVID-19 continues, the Archbishop is continuing the dispensation from the Sunday Mass obligation, and those who are not yet comfortable with the potential risk of returning to Sunday Mass still strive through these prayers to be united in the spirit of Christ with the Church around the world and celebrate our redemption in Christ's suffering, death and resurrection

Leader: Grace and peace to you from God our Father and from the Lord Jesus Christ. Blessed be God for ever.

All: **Blessed be God for ever.**

PENITENTIAL ACT

Leader: With all our limitations and weaknesses,
we come before the God of love, who gives us fullness of life.

After a pause for silent reflection, the leader continues.

Leader: Lord Jesus, you overcame temptation.
Lord, have mercy.

All: Lord, have mercy.

Leader Christ Jesus, you gave your life for your people.
Christ, have mercy.

All: Christ, have mercy.

Leader Lord Jesus, you rose from the dead.
Lord, have mercy.

All: Lord, have mercy.

GLORY TO GOD

**All: Glory to God in the highest,
and on earth peace to people of good will.**

**We praise you, we bless you
we adore you, we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.**

**Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.**

**For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High, (Jesus),
Jesus Christ, with the Holy Spirit,
in the glory of God the Father. Amen.**

COLLECT

Leader: Let us pray.
Grant, almighty God, through the yearly observances of holy Lent, that we may grow in understanding of the riches hidden in Christ and by worthy conduct pursue their effects. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. Amen.

All: Amen.

THE LITURGY OF THE WORD

FIRST READING

Genesis 9:8-15

Reader: A reading from the Book of Genesis

God said to Noah and to his sons with him: "See, I am now establishing my covenant with you and your descendants after you and with every living creature that was with you: all the birds, and the various tame and wild animals that were with you and came out of the ark. I will establish my covenant with you, that never again shall all bodily creatures be destroyed by the waters of a flood; there shall not be another flood to devastate the earth."

God added: "This is the sign that I am giving for all ages to come, of the covenant between me and you and every living creature with you: I set my bow in the clouds to serve as a sign of the covenant between me and the earth. When I bring clouds over the earth, and the bow appears in the clouds, I will recall the covenant I have made between me and you and all living beings, so that the waters shall never again become a flood to destroy all mortal beings."

The Word of the Lord.

All: Thanks be to God.

RESPONSORIAL PSALM

Psalm 32

Reader: Your ways, O Lord, are love and truth to those who keep your covenant.

All: Your ways, O Lord, are love and truth to those who keep your covenant.

Reader: Your ways, O Lord, make known to me;
teach me your paths,
Guide me in your truth and teach me,
for you are God my savior.

All: Your ways, O Lord, are love and truth to those who keep your covenant.

Reader: Remember that your compassion, O Lord,
and your love are from of old.
In your kindness remember me,
because of your goodness, O Lord.

All: Your ways, O Lord, are love and truth to those who keep your covenant.

Reader: Good and upright is the Lord,
thus he shows sinners the way.
He guides the humble to justice,
and he teaches the humble his way.

All: Your ways, O Lord, are love and truth to those who keep your covenant.

SECOND READING

1 Peter 3:18-22

Reader: A reading from a letter from St. Peter.

Beloved: Christ suffered for sins once, the righteous for the sake of the unrighteous, that he might lead you to God. Put to death in the flesh, he was brought to life in the Spirit. In it he also went to preach to the spirits in prison, who had once been disobedient while God patiently waited in the days of Noah during the building of the ark, in which a few persons, eight in all, were saved through water. This prefigured baptism, which saves you now. It is not a removal of dirt from the body but an appeal to God for a clear conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers subject to him.

The Word of the Lord.

All: Thanks be to God.

GOSPEL ACCLAMATION

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

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

Cantor: One does not live on bread alone, but on every word that comes forth from the mouth of God. Mt 4:4b

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

GOSPEL

Mark 1:40-45

Leader: A reading from the Gospel according to Mark:

The Spirit drove Jesus out into the desert, and he remained in the desert for forty days, tempted by Satan. He was among wild beasts, and the angels ministered to him.

After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel."

The Gospel of the Lord.

All: Praise to you, Lord Jesus Christ.

REFLECTION

Reader: Daily Meditation: Genesis 9:8-15

The waters shall never again become a flood. (Genesis 9:15)

Doesn't it seem odd to begin Lent with the story of Noah's ark? Could it be because Noah spent forty days riding out a huge flood and Jesus endured forty days "among wild beasts" (Mark 1:13)?

Well, that's part of the reason. But beyond that, there is a promise hidden in God's covenant with Noah. By vowing never again to destroy the earth in a flood, he pointed toward a better way to overcome sin and evil: Jesus' death and resurrection. And Lent gives us forty days to prepare for it!

In today's second reading, St. Peter tells us why Noah and his family are perfect Lenten companions for us. Through the flood, they escaped a sinful environment and entered a new life with God just as we escape sin and enter new life through the floodwaters of Baptism.

If you're preparing for Baptism this Lent, you have a special reason to rejoice. You will be passing through waters into salvation firsthand. But if you are already baptized, you can rejoice too, especially if you spend these forty days renewing your baptismal promises. Renounce the devil and all his temptations. Affirm your faith in the Father, Son, and Holy Spirit. Recall God's covenant with you. As you dedicate yourself to God this Lent, you'll come to know the Lord better. And that will make you more confident in his love and his grace.

So find extra time to pray this Lent. Give more of your time and money to people in need. Choose to fast, either from food or from a negative activity or habit. You might feel like Noah on the ark sometimes, and it might get messy. But the journey is worth it because when you finally reach the joy of Easter Sunday, you'll be stepping into a fuller understanding and experience of God's faithfulness and his salvation.

Lent has just begun. Let's get on the boat!

Lord, help me follow you into new life this Lent

PROFESSION OF FAITH

**All: I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.**

**I believe in one Lord, Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages,
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made,
For us men and for our salvation
he came down from heaven:**

[All bow during these two lines:]

**and by the Holy Spirit was incarnate of the Virgin Mary,
and become man.**

**For our sake he was crucified under Pontius Pilate;
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.**

**He ascended into heaven
and is seated at the right hand of the Father.**

**He will come again in glory to judge the living and the dead,
and his kingdom will have no end.**

**I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the Prophets.**

**I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins.
and I look forward to the resurrection of the dead,
and the life of the world to come. Amen.**

GENERAL INTERCESSIONS

Leader: With absolute faith in his Father, Jesus overcame temptation.
With the same confidence we lift up our own prayers.

Reader: The response will be: **Lord, hear our prayer.**

Reader: For the Church, *(pause)*
that the Spirit may lead us during this Lenten season
to a fuller living of the Gospel, steadfast faithfulness to our
baptismal commitment, and generous service to those in need.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the leaders of every nation: *(pause)*
that God will help them to share their knowledge
and resources with people and countries that
are burdened by poverty and natural disasters.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For grace to resist temptation: *(pause)*
that God will help us recognize the hollowness of the fruits
of temptation and help us to live faithfully as the daughters
and sons whom God has made us to be.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For effective and rapid distribution of the Covid vaccines, *(pause)*
that God will inspire and guide those who are distributing
and administering the vaccines, and bring an end to the pandemic.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the citizens in Texas: *(pause)*
that anxiety caused by power outages be eased by God's loving
kindness
as he enlightens those who manage the power grids to solve the crisis.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For sincerity in our fasting: *(pause)*
that our Lenten disciplines will help us make room
for God in our lives and increase our compassion for others.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For all students and teachers: *(pause)*
that God will guide the educational process,
help everyone to grow, and keep everyone safe.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the sick, especially those for whom we have been asked to pray,
and, particularly, those who are placed in quarantine and isolation,
(pause)
that God's healing touch may bring them comfort and peace.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For all our sisters and brothers who have died, especially
those who have died from the coronavirus pandemic,
(pause)
that they experience the joy of God's heavenly family for all eternity.
We pray to the Lord.

All: Lord, hear our prayer.

Reader: For the prayers we now make in the silence of our hearts, *(pause)*
We pray to the Lord.

All: Lord, hear our prayer.

Leader: Faithful God, you never abandon those who need you.
Help us to recognize your love in our daily lives
and follow your holy path in the name of Jesus Christ our Lord.

All: Amen.

LORD'S PRAYER

Leader: Let us pray with confidence to the Father in the words our Savior gave
us.

**All: Our Father, who art in heaven,
hallowed be thy name,
thy kingdom come,
thy will be done,
on earth, as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.**

SPIRITUAL COMMUNION

St. Alphonsus Liguori

**All: My Jesus, I believe that you are present in the most Blessed Sacrament.
I love You above all things and I desire to receive You into my soul.
Since I cannot now receive You sacramentally,
come at least spiritually into my heart.
I embrace You as if You were already there,
and unite myself wholly to You.
Never permit me to be separated from You.
Amen.**

PRAYER OF BLESSING

Leader: St Michael, the Archangel, Protect and Pray for us.

All: Amen.

Leader: The Lord bless us and keep us; the Lord make his face shine on us and be gracious to us; the Lord turn his face toward us and give us his peace both now and forever.

All: Amen.

Leader: In the Name of the Father, and of the Son and of the Holy Spirit.

All: Amen.

SOURCES

Lectionary for Sunday Mass

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Prayers at Home When Gathering for Mass Is Not Possible

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Sunday Celebrations in the Absence of a Priest: Leader's Edition

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