

Romans 5: 12 – 19

“Death through Adam, Life through Christ.” But what does this mean? Paul does not go in for great explanations. Adam represents mankind, mankind sins and the result is destructive, causing a measure of death. For Paul sin and death are realities in a world created good by God. They can be recognised and acknowledged but not fully explained. Sin and death are inevitable but are not necessary; inevitable because they describe a universal experience and not necessary because they are grounded in human choice. We need the law to control the reality and effects of sin. Sin was in the world before the law, but we need the law to make clear what sin is. However, the law cannot overcome sin and death. For Paul it is through the life, death, and resurrection of Jesus that sin and death are overcome.

Jesus’s life was an act of obedience by which He died for us on the Cross. It is this one act of complete righteousness that brings to us the gifts of salvation, justification, and life, following what is lost under the old dispensation of sin and death. Understanding this enables us to place ourselves daily into the hands of Jesus who is our true Saviour. It is only through Him that the tyranny of sin and death are overcome.

Lent is a time when we reflect on, and pray about, the way this was achieved, through Jesus’s journey to the Cross.

Stations of the Cross: act of devotion

The Stations of the Cross is a Lenten devotion, often said on a Friday

We adore you, O Christ, and we praise you, because by your holy cross you have redeemed the world.

Sunday 22nd Feb. 2026

1st Sunday of Lent

Gospel: Matthew 4: 1 – 11



On Ash Wednesday, we received a fresh call to discipleship, to follow in the footsteps of Christ, as we received the sign of the Cross in ash. Today St Matthew’s Gospel asks us to continue in the path of that discipleship, as we are presented with the temptations of Christ. The devil, the tempter, that subtle yet beguiling voice, offers Jesus material possessions, invites him to put God to the test, and offers Him earthly power beyond imagining. Each time Jesus rebuts temptation with the words of scripture. Jesus chooses the way of the cross, and the fruits of His choice are ours, if we would but follow Him. We would do well to ask ourselves how well prepared we are, if we are to grow in holiness. The people of Israel disobeyed God and were lost in the wilderness for 40 years. Jesus, the new Israel, the true manna, the living bread, is a sure guide, and in His exodus, death and resurrection, we shall find true life.