

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 32

- 1 Blessèd is he whose ^l sin [•] is for^lgiven:
whose in^liquity [•] is ^l put a^lway.
- 2 Blessèd is the man to whom the Lord im^lputes no ^l blame:
and in whose ^l spirit [•] there ^l is no ^l guile.
- 3 For whilst I ^l held my tongue:
my bones wasted a^lway [•] with my ^l daily [•] com^lplaining.
- 4 Your hand was heavy upon me ^l day and ^l night:
and my moisture was dried ^l up [•] like a ^l drought in ^l summer.
- 5 Then I ack^lnowledged [•] my ^l sin to you:
and my in^liquity [•] I ^l did not ^l hide;
- 6 I said 'I will confess my trans^lgressions [•] to the ^l Lord':
and so you forgave the ^l wicked[•]ness ^l of my ^l sin.
- 7 For this cause shall everyone that is faithful_
make his prayer to you * in the ^l day of ^l trouble:
and in the time of the great water-floods ^l _
they shall ^l not come ^l near him.
- 8 You are a place to hide me in
you will pre^lserve me [•] from ^l trouble:
you will surround me with de^lliverance [•] on ^l every ^l side.
- 9 I will instruct you
and direct you in the way that ^l you should ^l go:

- I will fasten my eye up^lon you [•] and ^l give you ^l counsel.
- 10 'Be not like horse or mule that have no ^l under^lstanding:
whose forward course must be ^l curbed with ^l bit and ^l bridle.'
- 11 Great tribulations remain ^l for the [•] un^lgodly:
but whoever puts his trust in the Lord
mercy em^lbraces him [•] on ^l every ^l side.
- 12 Rejoice in the Lord you righteous ^l and be ^l glad:
and shout for joy all ^l you [•] that are ^l true of ^l heart.

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

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 Prayer

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 true and living bread, and enable us to live by every word that proceeds from out of your mouth; through Jesus Christ our Lord.