

READINGS AND REFLECTION FOR THE FIRST SUNDAY IN LENT

A READING FROM THE BOOK OF GENESIS 9:8-15

I will recall the covenant between myself and you
... the waters shall never again become a flood to destroy all flesh.
God spoke to Noah and his sons,
“See, I establish my Covenant with you, and with your descendants after you;
also with every living creature to be found with you,
birds, cattle and every wild beast with you:
everything that came out of the ark, everything that lives on the earth.
I establish my Covenant with you:
nothing of flesh shall be swept away again by the waters of the flood.
There shall be no flood to destroy the earth again.”

God said, “Here is the sign of the Covenant I make between myself and you
and every living creature with you for all generations:
I set my bow in the clouds and it shall be a sign of the Covenant
between me and the earth.
When I gather the clouds over the earth and the bow appears in the clouds,
I will recall the Covenant between myself and you and every living creature
of every kind. And so the waters shall never again become a flood
to destroy all things of flesh.”

THE WORD OF THE LORD.

RESPONSORIAL PSALM PSALM 24:4-9

Lord, make me know your ways. Lord, teach me your paths.
Make me walk in your truth, and teach me: for you are God my saviour.

**YOUR WAYS, O LORD, ARE LOVE AND TRUTH
TO THOSE WHO KEEP YOUR COVENANT.**

Remember your mercy, Lord, and the love you have shown from of old.
In your love remember me, because of your goodness, O Lord.

**YOUR WAYS, O LORD, ARE LOVE AND TRUTH
TO THOSE WHO KEEP YOUR COVENANT.**

The Lord is good and upright. He shows the path to those who stray,
he guides the humble in the right path; he teaches his way to the poor.

**YOUR WAYS, O LORD, ARE LOVE AND TRUTH
TO THOSE WHO KEEP YOUR COVENANT.**

A READING FROM THE FIRST LETTER OF ST PETER 3:18-22

Christ himself, innocent though he was, died once for sins,
died for the guilty, to lead us to God.
In the body he was put to death; in the spirit he was raised to life,
and, in the spirit, he went to preach to the spirits in prison.
Now it was long ago, when Noah was still building that ark
which saved only a small group of eight people ‘by water’
and when God was still waiting patiently, that these spirits refused to believe.

That water is a type of the baptism which saves you now,
and which is not the washing off of physical dirt but a pledge made to God
from a good conscience, through the resurrection of Jesus Christ,
who has entered heaven and is at God's right hand,
now that he has made the angels and Dominations and Powers his subjects.

THE WORD OF THE LORD.

Praise to you, Lord Jesus Christ, king of endless glory!
No one lives on bread alone but on every word that comes from the mouth of God.
Praise to you, Lord Jesus Christ, king of endless glory! Matthew 4:4

A READING FROM THE HOLY GOSPEL ACCORDING TO MARK 1:12-15

The Spirit drove Jesus out into the wilderness
and he remained there for forty days, and was tempted by Satan.
He was with the wild beasts, and the angels looked after him.
After John had been arrested, Jesus went into Galilee.
There he proclaimed the Good News from God.
“The time has come,” he said, “and the kingdom of God is close at hand.
Repent, and believe the Good News.”

THE GOSPEL OF THE LORD.

REFLECTION

There are as many ways to pray as there are persons, but sometimes we need a structure or a routine to ‘get us into’ prayer. On his website, Fr Michael Denk helps us to learn about and to learn how to pray using the Lectio Divina (which means ‘Divine Reading’) structure. For your enrichment, **I ENCOURAGE YOU TO GO TO HIS WEBSITE:** [How to Pray Lectio Divina: The Catholic's Ultimate Guide \(theprodigalfather.org\)](http://theprodigalfather.org).

Lectio Divina involves reading and praying the Scriptures, vocally, meditatively and contemplatively. The Catechism of the Catholic Church ([CCC 2708](#)) recommends it as a way to meditate! We hear the text over and again, listening, reflecting, making connections and making our own responses to God in Christ.

Lectio Divina consists of four steps – like engaging in a beautiful meal. Let's give it a go. Firstly (**Lectio**), let's survey the text *like surveying the choices when we look at a meal placed before us*. Secondly (**Meditatio**), let's meditate on the text *like chewing slowly on what God in Christ is saying to us in the text*. Thirdly, (**Oratio**), let's pray *as though in conversation trying to express our response to what God is saying to us*. Fourthly, (**Contemplatio**), *contemplate, rest in silence in awe of and grateful for the companionship as after a meal and the unconditional love of God - Father, Son and Holy Spirit - for us who speaks to us personally in our circumstances*.
Please enjoy Fr Denk's website.