

Parishes of Kirkby Ireleth and Broughton & Duddon  
THE SUNDAY SUPPLEMENT

22<sup>ND</sup> FEBRUARY – FIRST SUNDAY OF LENT

**Holy Communion**

**Hymns**

367 Jesus where'er thy people meet

964 Gloria

190 Forty days and forty nights

552 O worship the Lord in beauty

HC

238 Go forth and tell

**Collect**

Heavenly Father,  
your Son battled with the powers of  
darkness,  
and grew closer to you in the desert:  
help us to use these days to grow in wisdom  
and prayer  
that we may witness to your saving love  
in Jesus Christ our Lord.

**Amen**

*Old Testament reading – Chris*

**Genesis 2. 15 – 17, 3. 1 - 7**

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.'

**3** 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.

*This is the Word of the Lord*

**Thanks be to God**

**Psalm 32**

<sup>1</sup> *Happy are those whose transgression is forgiven,  
whose sin is covered.*

<sup>2</sup> *Happy are those to whom the Lord imputes no  
iniquity,*

*and in whose spirit there is no deceit.*

<sup>3</sup> *While I kept silence, my body wasted away  
through my groaning all day long.*

<sup>4</sup> *For day and night your hand was heavy upon  
me;*

*my strength was dried up as by the heat of  
summer. Selah*

<sup>5</sup> *Then I acknowledged my sin to you,  
and I did not hide my iniquity;*

*I said, 'I will confess my transgressions to the Lord',  
and you forgave the guilt of my sin. Selah*

<sup>6</sup> *Therefore let all who are faithful  
offer prayer to you;*

*at a time of distress, the rush of mighty waters  
shall not reach them.*

<sup>7</sup> *You are a hiding-place for me;*

*you preserve me from trouble;*

*you surround me with glad cries of deliverance.*

*Selah*

<sup>8</sup> *I will instruct you and teach you the way you  
should go;*

*I will counsel you with my eye upon you.*

<sup>9</sup> *Do not be like a horse or a mule, without  
understanding,*

*whose temper must be curbed with bit and  
bridle,*

*else it will not stay near you.*

<sup>10</sup> *Many are the torments of the wicked,  
but steadfast love surrounds those who trust in  
the Lord.*

<sup>11</sup> *Be glad in the Lord and rejoice, O righteous,  
and shout for joy, all you upright in heart.*

*New Testament reading – Julie R*

**Romans 5. 12 - 19**

Therefore, 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 one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

*This is the Word of the Lord*

**Thanks be to God**

*Gospel reading – Stuart*

**Matthew 4. 1 - 11**

*Hear the Gospel of our Lord Jesus Christ,  
according to Matthew*

**Glory to you, O Lord.**

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for 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.

*This is the Gospel of the Lord.*

**Praise to you, O Christ.**

**Post Communion**

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

**Amen**