

THE CATHOLIC MASS SHEET

ENGLISH STANDARD VERSION

1st Sunday of Lent (A)

22nd February 2026

The Priest continues alone:

Deliver us, Lord, we pray, from every evil, graciously grant peace in our days, that, by the help of your mercy, we may be always free from sin and safe from all distress, as we await the blessed hope and the coming of our Saviour, Jesus Christ.

For the kingdom, the power and the glory are yours now and for ever.

The Priest says:

Lord Jesus Christ, who said to your Apostles: Peace I leave you, my peace I give you, look not on our sins, but on the faith of your Church, and graciously grant her peace and unity in accordance with your will.

Who live and reign for ever and ever.

Amen.

The peace of the Lord be with you always.
And with your spirit.

The Deacon, or the Priest, adds:

Let us offer each other the sign of peace.

The Priest takes the host and breaks it. Meanwhile the people say or sing:

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, have mercy on us.

Lamb of God, you take away the sins of the world, grant us peace. *Kneel*

The Priest shows the host to the people and says:

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

Lord, I am not worthy that you should enter under my roof, but only say the word and my soul shall be healed.

The Priest or other minister says to each communicant:

The Body [Blood] of Christ.

Each communicant answers: Amen.

Communion Antiphon

Mt 4:4

One does not live by bread alone, but by every word that comes forth from the mouth of God.

Prayer after Communion

Stand

Renewed now with heavenly bread, by which faith is nourished, hope increased, and charity strengthened, we pray, O Lord, that we may learn to hunger for Christ, the true and living Bread, and strive to live by every word which proceeds from your mouth. Through Christ our Lord.
Amen.

THE CONCLUDING RITES

Announcements may be made.

Then:

Blessing and Dismissal

Priest: The Lord be with you.

All: And with your spirit.

The Deacon, or the Priest, says:

Bow down for the Blessing.

The Priest continues:

May bountiful blessing, O Lord, we pray, come down upon your people, that hope may grow in tribulation, virtue be strengthened in temptation, and eternal redemption be assured. Through Christ our Lord.
Amen.

And may the blessing of almighty God, the Father, and the Son, ✠ and the Holy Spirit, come down on you and remain with you for ever.
Amen.

Then the Deacon, or the Priest, says:

Go forth, the Mass is ended.

Or:

Go and announce the Gospel of the Lord.

Or:

Go in peace, glorifying the Lord by your life.

Or:

Go in peace.

Thanks be to God.



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THE INTRODUCTORY RITES

Entrance Antiphon or a hymn

Stand

When he calls on me, I will answer him; I will deliver him and give him glory, I will grant him length of days.

Cf. Ps 90:15-16

All make the Sign of the Cross as the Priest says:

In the name of the Father, and of the Son, and of the Holy Spirit. **Amen.**

The Priest greets everyone present.

The people respond: And with your spirit.

The Mass of the day may be introduced.

Penitential Act

The Priest invites the people to repentance using one of the Penitential Acts.

Have mercy on us, O Lord.

For we have sinned against you.

Show us, O Lord, your mercy.

And grant us your salvation.

The Priest says the absolution. All reply:

Amen.

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

Collect

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.

Sit

THE LITURGY OF THE WORD

First Reading

A reading from the Book of Genesis.

Genesis 2:7-9; 3:1-7

The LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature. And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground

the LORD God made to spring up every tree that is pleasant to the sight and good for food. The tree of life was in the midst of the garden, and the tree of the knowledge of good and evil. Now the serpent was more crafty than any other beast of the field that the LORD God had made. He said to the woman, 'Did God actually say, "You shall not eat of any tree in the garden"?' And 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 midst of the garden, neither shall you touch it, lest you die."' But the serpent said to the woman, 'You will not surely 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 themselves loincloths.

The word of the Lord.

Thanks be to God.

Psalm

Psalm 51(50):3-4. 5-6b. 12-13. 14, 17. R. cf. 3a

R. Have mercy on us, O Lord, for we have sinned.

Have mercy on me, O God, according to your merciful love; according to your great compassion, blot out my transgressions. Wash me completely from my iniquity, and cleanse me from my sin. **R.**

My transgressions, truly I know them; my sin is always before me. Against you, you alone, have I sinned; what is evil in your sight I have done. **R.**

Create a pure heart for me, O God; renew a steadfast spirit within me. Do not cast me away from your presence; take not your holy spirit from me. **R.**

Restore in me the joy of your salvation; sustain in me a willing spirit. O Lord, open my lips and my mouth shall proclaim your praise. **R.**

Second Reading

A reading from the Letter of Saint Paul to the Romans.
Romans 5:12-19

(Shorter form)

Brothers and Sisters: Just as sin came into the world through one man, and death through sin, and so death spread to all men because all sinned. For if, because of one man's trespass, death reigned through that one man; much more will those who receive the abundance of grace and the free gift of righteousness reign in life through the one man Jesus Christ. Therefore, as one trespass led to condemnation for all men, so one act of righteousness leads to justification and life for all men. For 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.

The word of the Lord.
Thanks be to God.

Acclamation before the Gospel *Stand*
Glory and praise to you, O Christ. Matthew 4:4b
One does not live by bread alone, but by every word that comes forth from the mouth of God.
Glory and praise to you, O Christ.

Gospel Matthew 4:1-11

The Lord be with you.
And with your spirit.

A reading from the holy Gospel according to Matthew.

Glory to you, O Lord.

At that time: Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry.

And 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, "Man shall 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 set him on the pinnacle of the Temple and said 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, lest you strike your foot against a stone."' Jesus said to him, 'Again it is written, "You shall 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 glory. And he said to him, 'All these I will give you, if you will fall down and worship me.' Then Jesus said to him, 'Be gone, Satan! For it is written, "You shall worship the Lord your God and him only shall you serve."' Then the devil left him, and behold, angels came and were ministering to him.

The Gospel of the Lord.
Praise to you, Lord Jesus Christ.

The Homily *Sit*

The Nicene Creed *Stand*
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, and by the Holy Spirit was incarnate of the Virgin Mary, and became 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.

The Apostles' Creed
I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. *All bow*

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Prayer of the Faithful
Response example: Lord, in your mercy.
Hear our prayer.

After the concluding prayer all say: Amen. Sit

THE LITURGY OF THE EUCHARIST
The offerings are brought to the altar. A hymn may be sung. If the Priest says the two prayers of offering aloud, the response both times is:
Blessed be God for ever.

The people rise as the Priest says:
Pray, brethren (brothers and sisters), that my sacrifice and yours may be acceptable to God, the almighty Father.

The people reply:
May the Lord accept the sacrifice at your hands for the praise and glory of his name, for our good and the good of all his holy Church.

Prayer over the Offerings
Give us the right dispositions, O Lord, we pray, to make these offerings, for with them we celebrate the beginning of this venerable and sacred time.
Through Christ our Lord.
Amen

The Eucharistic Prayer

The Lord be with you.
And with your spirit.
Lift up your hearts.
We lift them up to the Lord.
Let us give thanks to the Lord our God.
It is right and just.

The Priest continues with the Preface and concludes with the people, singing or saying aloud:

Holy, Holy, Holy Lord God of hosts. Heaven and earth are full of your glory. Hosanna in the highest. Blessed is he who comes in the name of the Lord. Hosanna in the highest. *Kneel*
The Eucharistic Prayer continues until the Priest says:

The mystery of faith.
And the people continue, acclaiming one of the following:

We proclaim your Death, O Lord, and profess your Resurrection until you come again.

Or:
When we eat this Bread and drink this Cup, we proclaim your Death, O Lord, until you come again.

Or:
Save us, Saviour of the world, for by your Cross and Resurrection you have set us free.
The Priest concludes the Eucharistic Prayer saying alone:

Through him, and with him, and in him, O God, almighty Father, in the unity of the Holy Spirit, all glory and honour is yours, for ever and ever.
The people acclaim: Amen.

The Communion Rite *Stand*

The Priest invites all to join in the Lord's Prayer:
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.