



The Word
1st Sunday of Lent
February 22, 2026

Call to Prayer and Sharing

- ✦ *Leader invites all into a few moments of silent reflection to remember that we are in the presence of God. (reflective pause)*
- ✦ *Then: "In the name of the Father and of the Son . . ."*

The Word of God

- ✦ *Leader reads part or all of one of the scripture texts from the previous Sunday.*

Matthew 4:1-11

At that time Jesus was led by the Spirit into the desert
to be tempted by the devil.
He fasted for forty days and forty nights,
and afterwards he was hungry.
The tempter approached and said to him,
"If you are the Son of God,
command that these stones become loaves of bread."
He said in reply,
"It is written:
One does not live on bread alone,
but on every word that comes forth
from the mouth of God." Then the devil took him to the holy city,
and made him stand on the parapet 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 with their hands they will support you,
lest you dash your foot against a stone."
Jesus answered him,
"Again it is written,
You shall not put the Lord, your God, to the test."
Then the devil took him up to a very high mountain,
and showed him all the kingdoms of the world in their magnificence,
and he said to him, "All these I shall give to you,
if you will prostrate yourself and worship me."
At this, Jesus said to him,
"Get away, Satan!
It is written:
The Lord, your God, shall you worship
and him alone shall you serve." Then the devil left him and, behold,
angels came and ministered to him.

Faith Sharing

- ✦ *Leader reminds everyone of the Question of the Week which relates to the particular group gathered*

Children: What helps you do the right thing when you want to do something wrong?

Teens: How are you tempted? What helps you resist these temptations?

Adults: When you pause to be alone with God; what distracts and prevents you from making that time everyday?

We offer this form of contemplative sharing for pondering Scripture while considering the question, and for the faith sharing which follows.

- Listen/ Read (Lectio): Ponder God's word and listen for what touches your heart.
- Meditate (Meditatio): Notice what you notice. Allow God's word to resonate in you.
- Speak/Share (Oratio): Prayerfully share with the group your thoughts and feelings.
- Rest in God's presence (Contemplatio): Notice God's presence and be still, surrounded by God's love.
- Choose to act (*Actio*): Trusting in God's nearness, commit to action rooted in love.

Time is provided for sharing responses to the question. Silence between responses is to be expected. Allow about 15 minutes for faith sharing. For larger groups, leader invites members to divide into groups of three or four for faith sharing.

- ✦ *When the sharing comes to an end, the leader invites everyone to take a moment to silently and reverently hold what has been shared together.*
- ✦ *Continue with the meeting, turning to the agenda.*

Concluding the meeting

At the end of the meeting, the leader closes with the following prayer:

Good and Gracious God,
your love for us surpasses all understanding.
As we leave here today,
be with us in all our comings and goings,
and in all that we say and do.
We pray this in the name of Christ Jesus who is our Light.
Amen.