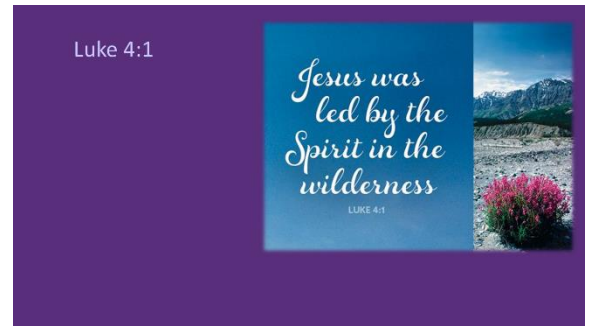


The Readings on This Day

***Click on the links for the Bible Verse(s)

First Sunday in Lent

Each year, Lent begins with a synoptic account of the testing of Jesus. Jesus was truly human, suffering from the devil's temptations no less than we, and so he can stand by us when we are tested. We too are accompanied with the Spirit of God when we confront evil. Lent has traditionally been understood as a time to focus on resistance to evil.



[Deuteronomy 26:1-11](#)

We now are like the Israelites, in the desert of Lent, awaiting our arrival at Easter, the land of milk and honey. Yet each Sunday in the bread and wine we are already sharing the food of the Promised Land. As the ancient Israelites united in a covenant creed, so in Lent we renew our baptismal creed, and in spite of testing, we celebrate God's bounty to us.

The Psalm for the Day

Having heard the ancient Israelite statement of faith, we ready ourselves for the gospel narrative of Jesus in his wilderness by joining in [Psalm 91:1-2, 9-16](#). For our journey through the desert, we look to God as our refuge and habitation, and we trust that God's angels will guard us in all our ways.

[Romans 10:8b-13](#)

Our creed is triune: filled with the Spirit of our baptism, we call Jesus Lord. Inspired by God's generosity, our baptismal identity opens us up to all.

[Luke 4:1-13](#)

We too live in a wilderness where evil is ever before us. Yet we too have the Spirit of God and are called to worship only the Lord God. The gospel speaks the good news that Jesus is with us in all our times of testing.