

## A PRAYER SERVICE AT HOME

WHEN ATTENDANCE AT MASS IS NOT POSSIBLE

### **The First Sunday of Lent**

In these extraordinary times when we cannot gather as a Christian Community to celebrate Mass, let us unite ourselves spiritually to the Mass as it is being celebrated in our churches.

This resource is offered to provide a ritual by which families, "the domestic church," can keep the Lord's day holy by joining together to celebrate part of the Church's liturgy at home. Ideally, the head of the family will lead the service; other members of the family should take on roles as readers.

It would be appropriate to celebrate this service at the usual time the family would attend Mass. If possible, prepare a suitable prayer space with a crucifix, holy picture and/or a candle or two. If the family is blessed with musical talent, hymns would be appropriate.

#### INTRODUCTORY RITES

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

**All:** Amen.

#### GREETING

**Leader:** Grace and peace to you from God our Father and from the Lord Jesus Christ. Blessed be God for ever.

**All:** Blessed be God for ever.

#### PENITENTIAL ACT

**Leader:** Coming together as God's family, with confidence let us acclaim the Father's forgiveness, for God is full of gentleness and compassion.

*After a pause for silent reflection, the leader continues.*

**Leader:** You were sent to heal the contrite of heart:  
Lord, have mercy.

**All:** **Lord, have mercy.**

**Leader:** You came to call sinners:  
Christ, have mercy.

**All:** **Christ, have mercy.**

**Leader:** You are seated at the right hand of the Father to intercede for us:  
Lord, have mercy.

**All:** **Lord, have mercy.**

## COLLECT

**Leader:** Let us pray.

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.

**All:** **Amen.**

## THE LITURGY OF THE WORD

### FIRST READING

Gn 9:8-15

**Reader:** A reading from the Book of Genesis

God said to Noah and to his sons with him:  
“See, I am now establishing my covenant with you  
and your descendants after you  
and with every living creature that was with you:  
all the birds, and the various tame and wild animals  
that were with you and came out of the ark.  
I will establish my covenant with you,  
that never again shall all bodily creatures be destroyed  
by the waters of a flood;  
there shall not be another flood to devastate the earth.”

God added:

“This is the sign that I am giving for all ages to come,  
of the covenant between me and you  
and every living creature with you:

I set my bow in the clouds to serve as a sign  
of the covenant between me and the earth.

When I bring clouds over the earth,  
and the bow appears in the clouds,  
I will recall the covenant I have made  
between me and you and all living beings,  
so that the waters shall never again become a flood  
to destroy all mortal beings.”

The Word of the Lord.

**All:**       **Thanks be to God.**

**RESPONSORIAL PSALM**

**Ps 10, 25:4-5, 6-7, 8-9**

**Reader:** Your ways, O Lord, are love and truth to those who keep your covenant.

**All:**       **Your ways, O Lord, are love and truth to those who keep your covenant.**

**Reader:** Your ways, O LORD, make known to me;  
teach me your paths,  
Guide me in your truth and teach me,  
for you are God my savior.

**All:**       **Your ways, O Lord, are love and truth to those who keep your covenant.**

**Reader:** Remember that your compassion, O LORD,  
and your love are from of old.  
In your kindness remember me,  
because of your goodness, O LORD.

**All:**       **Your ways, O Lord, are love and truth to those who keep your covenant.**

**Reader:** Good and upright is the LORD,  
thus he shows sinners the way.  
He guides the humble to justice,  
and he teaches the humble his way.

**All:**       **Your ways, O Lord, are love and truth to those who keep your covenant.**

## SECOND READING

1 Pt 3:18-22

**Reader:** A reading from the first letter of Saint Peter

Beloved:

Christ suffered for sins once,  
the righteous for the sake of the unrighteous,  
that he might lead you to God.  
Put to death in the flesh,  
he was brought to life in the Spirit.  
In it he also went to preach to the spirits in prison,  
who had once been disobedient  
while God patiently waited in the days of Noah  
during the building of the ark,  
in which a few persons, eight in all,  
were saved through water.

This prefigured baptism, which saves you now.  
It is not a removal of dirt from the body  
but an appeal to God for a clear conscience,  
through the resurrection of Jesus Christ,  
who has gone into heaven  
and is at the right hand of God,  
with angels, authorities, and powers subject to him.

The Word of the Lord.

**All: Thanks be to God.**

## GOSPEL ACCLAMATION

Mt 4:4b

**Cantor:** Praise to you, Lord, Jesus Christ, King of endless glory

**All: Praise to you, Lord, Jesus Christ, King of endless glory**

**Cantor:** One does not live on bread alone,  
but on every word that comes forth from the mouth of God.

**All: Praise to you, Lord, Jesus Christ, King of endless glory**

## GOSPEL

Mk 1:12-15

**Leader:** A reading from the holy Gospel according to Mark

**All:** **Glory to you, O Lord.**

**Leader:** The Spirit drove Jesus out into the desert,  
and he remained in the desert for forty days,  
tempted by Satan.  
He was among wild beasts,  
and the angels ministered to him.

After John had been arrested,  
Jesus came to Galilee proclaiming the gospel of God:  
“This is the time of fulfillment.  
The kingdom of God is at hand.  
Repent, and believe in the gospel.”

The Gospel of the Lord.

**All:** **Praise to you, Lord Jesus Christ.**

## REFLECTION

### PROFESSION OF FAITH

**All:** 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,  
*[All bow during the following two lines:]*  
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.

## GENERAL INTERCESSIONS

### LORD'S PRAYER

**Leader:** Let us pray with confidence to the Father in the words our Savior gave us.

**All:** 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.  
Amen.

### SPIRITUAL COMMUNION

**All:** My Jesus, I believe that you are present in the Most Holy Sacrament. I love you above all things and I desire to receive you in my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

## PRAYER OF BLESSING

**Leader:** St Michael, the Archangel, Protect and Pray for us.

**All:** Amen.

**Leader:** The Lord bless us and keep us; the Lord make his face shine on us and be gracious to us; the Lord turn his face toward us and give us his peace both now and forever.

**All:** Amen.

**Leader:** In the Name of the Father, and of the Son, and of the Holy Spirit.

**All:** Amen.

## SOURCES

Father McLaughlin, St. Vincent de Paul Parish, Richboro, PA

*English translation of Lectionary for Mass*

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*English translation of The Roman Missal*

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*Lectionary for Mass for Use in the Dioceses of the United States of America, second typical edition.*

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*Prayers at Home When Gathering for Mass Is Not Possible*

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*Sunday Celebrations in the Absence of a Priest: Leader's Edition*

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