



22 FEBRUARY 2026 ❖ 1ST SUNDAY OF LENT ❖ YEAR A



## Fighting Temptation with God's Word

**O**n this First Sunday of Lent, we reflect on Jesus as the new Adam and New Israel, who, unlike the first humans and Israel in the desert, overcame every temptation through God's Word.

In this Eucharist, we encounter our Brother and Lord, Jesus Christ, whose example guides us and gives us the strength—through His Word and Body—to face and overcome temptation on our Lenten journey toward Holy Week and the glory of Easter.



### INTRODUCTORY RITES

#### ENTRANCE ANTIPHON

*(To be recited only when no entrance hymn is sung.)*

**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 91 (90):15-16)*

#### GREETING

**P**—Grace and peace from God our Father, the Lord Jesus Christ, and the Holy Spirit be with you all.

**All**—And with your spirit.

#### PENITENTIAL ACT

**P**—As we prepare to celebrate the sacred Mysteries, let us call to mind our sins and ask the Lord for pardon and strength. (Pause)

**P**—For the times we have allowed the devil to lead us astray from God's plan, Lord, have

mercy.

**All**— Lord, have mercy.

**P**—For the times we have been insensitive to the needs of the migrants and their families, Christ, have mercy.

**All**— Christ, have mercy.

**P**—For the times we have failed to appreciate the gift of life and have not treated it according to God's will, Lord, have mercy.

**All**— Lord, have mercy.

**P**—May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life.

**All**— Amen.

#### COLLECT (OPENING PRAYER)

**P**—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.

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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.**

## LITURGY OF THE WORD

### 1st Reading

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

**R** – A reading from the Book of Genesis

The Lord God formed man out of the clay of  
the ground  
and blew into his nostrils the breath of  
life,  
and so man became a living being.

Then the Lord God planted a garden in Eden,  
in the east,  
and he placed there the man whom he  
had formed.

Out of the ground the Lord God made  
various trees grow  
that were delightful to look at and good  
for food,  
with the tree of life in the middle of the  
garden  
and the tree of the knowledge of good and  
evil.

Now the serpent was the most cunning of all  
the animals  
that the Lord God had made.

The serpent asked the woman,  
“Did God really tell you not to eat  
from any of the trees in the garden?”

The woman answered the serpent:  
“We may eat of the fruit of the trees in  
the garden.

It is only about the fruit of the tree  
in the middle of the garden that God said,  
‘You shall not eat it or even touch it, lest  
you die.’”

But the serpent said to the woman:  
“You certainly will not die!

No, God knows well that the moment you eat  
of it,

your eyes will be opened and you will be  
like gods  
who know what is good and what is evil.”

The woman saw that the tree was good for  
food,

pleasing to the eyes, and desirable for  
gaining wisdom.

So she took some of its fruit and ate it.  
and she also gave some to her husband,  
who was with her,  
and he ate it.

Then the eyes of both of them were opened,  
and they realized that they were naked;  
so they sewed fig leaves together  
and made loincloths for themselves.

The word of the Lord.

**All – Thanks be to God.**

### Responsorial Psalm

Ps 51:3-4, 5-6, 12-13, 17

**R** – *Be merciful, O Lord, for we have sinned.*

*R. M. Velez*



- \* Have mercy on me, O God, in your  
goodness;  
in the greatness of your compassion wipe  
out my offense.  
Thoroughly wash me from my guilt,  
and of my sin cleanse me. **R.**
- \* For I acknowledge my offense,  
and my sin is before me always:  
“Against you only have I sinned,  
and done what is evil in your sight.” **R.**
- \* A clean heart create for me, O God,  
and a steadfast spirit renew within me.  
Cast me not out from your presence,  
and your holy spirit take not from me. **R.**
- \* Give me back the joy of your salvation,  
and a willing spirit sustain in me.  
O Lord, open my lips,  
and my mouth shall proclaim your  
praise. **R.**

### 2nd Reading

Rom 5:12, 17-19

**R** – A reading from the Letter of Saint Paul to  
the Romans

**Brothers and sisters:**

Through one man sin entered the world,  
and through sin, death,  
and thus death came to all men,  
inasmuch as all sinned.

For if, by the transgression of the one,

death came to reign through that one,  
how much more will those who receive  
the abundance of grace  
and of the gift of justification  
come to reign in life through the one  
Jesus Christ.

In conclusion, just as through one  
transgression condemnation came upon all,  
so, through one righteous act,  
acquittal and life came to all.  
For just as through the disobedience of the  
one man,  
the many were made sinners,  
so, through the obedience of the one,  
the many will be made righteous.

The word of the Lord.  
All – Thanks be to God.

### **Gospel Acclamation**

**Mt 4:4b**

All–Alleluia, alleluia.  
One does not live on bread alone,  
but on every word that comes forth from  
the mouth of God.  
Alleluia, alleluia.

### **Gospel**

**Mt 4:1-11**

P –The Lord be with you.  
All–And with your spirit.  
P –A reading from the holy Gospel according  
to Matthew  
All–Glory to you, O Lord.  
  
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.

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

### **HOMILY**

#### **Profession of Faith**

(Nicene Creed)

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, *(bow)\**  
*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.

### PRAYER OF THE FAITHFUL

**P** – In the spirit of the Lenten Season, let us approach the Lord with full confidence and submit to Him the needs of mankind, of our community, and our own. Let our response be:

**All** –Lord, make us obedient to You.

**C** –For the Church, the community of all believers: May She always overcome the temptation to seek power, riches, and prestige, and instead remain faithful to the plan of God for Her, in imitation of Jesus. Let us pray. **R.**

**C** –For the Holy Father, our bishops, and all our spiritual leaders: May they bravely continue to proclaim the demands of God's Word and encourage us with their exemplary life. Let us pray. **R.**

**C** –For our parish community, our families, and each of us: May we live this Lenten Season with the constant availability to do the Lord's will, without giving in to any temptation, no matter how attractive it may appear to our senses or our pride. Let us pray. **R.**

**C** –For the families of the emigrants: May they endure the difficulties caused by the physical separation in a spirit of faith and hope, always looking forward to the day when they will be reunited with their loved ones. Let us pray. **R.**

**P** – Lord God, we thank You for granting us to begin this Lenten Season with the affirming

episode of Jesus' victory over Satan. Guide us, Lord, and all the migrants, and protect us with Your loving care, through Christ our Lord.  
**All – Amen.**

## LITURGY OF THE EUCHARIST

### PREPARATION OF THE GIFTS

**P** –Pray, brethren . . .

**All** –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

**P** – 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.  
**All – Amen.**

### PREFACE: THE TEMPTATION OF THE LORD

**P** –The Lord be with you.

**All**–And with your spirit.

**P** –Lift up your hearts.

**All**–We lift them up to the Lord.

**P** –Let us give thanks to the Lord our God.

**All**–It is right and just.

**P**– It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God,  
through Christ our Lord.  
By abstaining forty long days from earthly food,  
he consecrated through his fast  
the pattern of our Lenten observance  
and, by overturning all the snares of the ancient  
serpent,  
taught us to cast out the leaven of malice,  
so that, celebrating worthily the Paschal  
Mystery,  
we might pass over at last to the eternal paschal  
feast.

And so, with the company of Angels and Saints,



**WORD AND LIFE  
PUBLICATIONS**

Don Bosco Compound, A. Arnaiz Ave. cor. Chino Roces Ave., Makati, Metro Manila

Postal Address: P.O. Box 1820, MCPO, 1258 Makati, Metro Manila, Philippines

Tel. Nos. 8894-5401; 8475-8945 • Website: [www.wordandlife.org](http://www.wordandlife.org)

• E-mail: [wordandlifepublications@gmail.com](mailto:wordandlifepublications@gmail.com) • FB: Word And Life Publications

• Editorial Team: Fr. R. De Guzman, V. David, R. Molomog, D. Daguio

• Illustrations: A. Sarmiento, B. Cleofe • Circulation: R. Saldua



as we sing the hymn of your praise,  
without end we acclaim:  
**All – 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.**

## MEMORIAL ACCLAMATION

**P – The mystery of faith.**  
**All – When we eat this Bread and drink this**  
**Cup, we proclaim your Death, O Lord, until**  
**you come again.**

## COMMUNION RITE

**All–Our Father . . .**  
**P –Deliver us, Lord . . .**  
**All –For the kingdom,**  
**the power, and the glory are yours,**  
**now and for ever.**

## SIGN OF PEACE

## BREAKING OF THE BREAD

**All–Lamb of God, you take away the sins of**  
**the world:**  
**have mercy on us. (2x)**  
**Lamb of God, you take away the sins of**  
**the world:**  
**grant us peace.**

## COMMUNION

**P – 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.**  
**All – Lord, I am not worthy**  
**that you should enter under my roof,**

**but only say the word**  
**and my soul shall be healed.**

## COMMUNION ANTIPHON

*(To be recited only when no Communion  
hymn is sung.)*

One does not live by bread alone,  
but by every word that comes forth from  
the mouth of God. *(Mt 4:4)*

## PRAYER AFTER COMMUNION

**P–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.**  
**All–Amen.**

## CONCLUDING RITES

**P–The Lord be with you.**  
**All–And with your spirit.**  
**P–Bow down for the blessing. (Pause)**  
**–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.**  
**All–Amen.**  
**P–May almighty God bless you: the Father, and**  
**the Son, and the Holy Spirit.**  
**All–Amen.**  
**P–Go in peace, glorifying the Lord by your life!**  
**All–Thanks be to God.**

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