

FIRST SUNDAY OF LENT

ENTRANCE ANTIPHON

LCM 44

Cf. Ps 91 (90): 15-16 · RM, GR ①

VIII

Hen he calls on me, I will answer him; I will

de-liv-er him and give him glo-ry.

Psalm 91 (90): [16a]-16b, 1-2, 3, 5-6, 7

1. [I will grant him length of **days**, *]
I will show him my *saving* **power**.
2. He who dwells in the shelter of the Most **High**, *
and abides in the shade of *the Almighty*,
says to the LORD, “My **refuge**, *
my stronghold, my God in *whom I trust!*”
3. He will free you from the snare of the **fowler**, *
from the *destructive plague*;
4. You will not fear the terror of the **night**, *
nor the arrow that *flies by day*,
nor the plague that prowls in the **darkness**, *
nor the scourge that lays *waste at noon*.
5. A thousand may fall at your side, †
ten thousand fall at your **right**: *
you it will never *approach*.
6. Glory be to the Father, and to the **Son**, *
and to the *Holy Spirit*.
As it was in the beginning, is now, and ever shall **be**, *
world without *end*. **Amen**.

OFFERTORY ANTIPHON

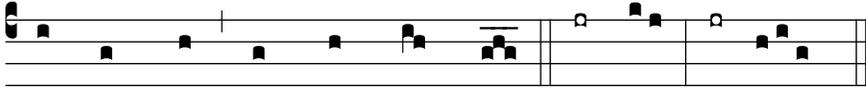
LCM 45

Cf. Ps 91 (90): 4 · GR ①

VIII

T

HE Lord will con-veal you with his pin-ions, and un-



der his wings you shall find hope.

Psalm 91 (90): [Cf. 4], 1-2, 5-6, 7, 8-9

1. [His *faithfulness* *
shall encompass you *as a shield*.]
2. He who dwells in the shelter of the *Most High*, *
and abides in the shade of *the Almighty*,
says to the LORD, "*My refuge*, *
my stronghold, my God in *whom I trust!*"
3. You will not fear the terror of *the night*, *
nor the arrow that *flies by day*,
nor the plague that prowls in *the darkness*, *
nor the scourge that lays *waste at noon*.
4. A thousand may fall at your side, †
ten thousand fall at *your right*: *
you it will never *approach*.
5. Your eyes have only *to look* *
to see how the wicked *are repaid*.
For you, O LORD, are *my refuge*. *
You have made the Most *High your dwelling*.

COMMUNION ANTIPHON

LCM 46

Cf. Ps 91 (90): 4 · RM ○

III

T HE Lord will con-ceal you with his pinions, and un-

der his wings you will trust.

Psalm 91 (90): 1-2, 3 and 11, 12-13, 14-15, 16

1. He who dwells in the shelter of the *Most High*, *
and abides in the shade of *the Almighty*,
says to the LORD, “*My refuge*, *
my stronghold, my God in *whom I trust!*”
2. He will free you from the snare of *the fowler*, *
from the *destructive plague*;
For you has he commanded *his angels* *
to keep you in *all your ways*.
3. They shall bear you upon *their hands*, *
lest you strike your foot *against a stone*.
On the lion and the viper you *will tread*, *
and trample the young lion *and the serpent*.
4. Since he clings to me in love, I *will free him*, *
protect him, for he *knows my name*.
When he calls on me, I will answer him; †
I will be with him in *distress*; *
I will deliver him, and *give him glory*.
5. With length of days I will *content him*; *
I will show him my *saving power*.

6. Glory be to the Father, and to *the Son*, *
and to the *Holy Spirit*.

As it was in the beginning, is now, and ever *shall be*, *
world without *end. Amen.*

Or:

LCM 47

Mt 4: 4 · RM ○

○

NE does not live by bread a-lone, but by ev-ery
word that comes forth from the mouth of God.

Psalm 19 (18): 8, 9, 10, 11, 12-13, 14, 15

1. The law of the LORD *is perfect*; *
it *revives the soul*.
The decrees of the LORD *are steadfast*; *
they give wisdom *to the simple*.
2. The precepts of the LORD *are right*; *
they gladden *the heart*.
The command of the LORD *is clear*; *
it gives light *to the eyes*.
3. The fear of the LORD *is pure*, *
abiding *forever*.
The judgments of the LORD *are true*; *
they are, all *of them, just*.

4. They are more to be desired *than gold*, *
than quantities *of gold*.
And sweeter are they *than honey*, *
than honey flowing *from the comb*.
5. So in them your servant finds *instruction*; *
great reward is *in their keeping*.
But who can detect their *own errors*? *
From hidden *faults acquit* me.
6. From presumption restrain *your servant*; *
may *it not rule* me.
Then shall I *be blameless*, *
clean *from grave sin*.
7. May the spoken words of *my mouth*, *
the thoughts *of my heart*,
win favor in your sight, *O LORD*, *
my rock and *my redeemer*!
8. Glory be to the Father, and to *the Son*, *
and to the *Holy Spirit*.
As it was in the beginning, is now, and ever *shall be*, *
world without *end. Amen*.