



FIRST SUNDAY OF LENT

February 22, 2026

**From the Gospel according to Matthew
Mt 4:1-11**

Then 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 by bread alone, but by 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.

Word of the Lord.

**“ From the writings of
Mother Cabrini**

In all the trials of life, I should strive to the best of my ability to maintain a strong confidence and trust in the Heart of Jesus. The person with true faith will never be overcome.

Journal of a Trusting Heart

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**“ From the writings on
Saint Francis of Assisi**

I tell you truly that no one should consider themselves a servant of God until they have gone through trials and tribulations. The temptation overcome is, in a sense, the ring with which the Lord marries the soul of his servant.

Franciscan Sources

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Missionary Sisters
of the Sacred Heart of Jesus