

1st Sunday in Lent
February 22nd, 2026

FAITH @ HOME

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First Reading: Genesis 2:7-9; 3:1-7
Resp. Psalm: Psalm 51:3-4, 5-6, 12-13, 17
Second Reading: Romans 5:12-19
Gospel : Matthew 4:1-11

[Full readings can be found here!](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (*Bishop O'Connell's Gospel Reflection page.*)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (*YouTube, Douglas Brown, Revised Common Lectionary readings channel, 1:49 min*)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (*YouTube, Saddleback Kids, 1:24 min.*)

2. TALK

Today is the beginning of the Season of Lent and we are invited to journey with Jesus from the desert to Calvary, as he accomplishes the work of salvation.

What is Lent? Lent marks a six-week period in our liturgical calendar, starting with Ash Wednesday and concluding with the Easter Vigil on Holy Saturday.

Why Lent? During the forty days of Lent (excluding Sundays), we remember Jesus' fasting in the wilderness as mentioned in today's Gospel. Lent is a time for fasting, self-reflection, repentance, and preparation for the joyous celebration of Jesus' death and resurrection on Easter.

How can I live as true disciple this Lent? Spend more time with the Lord in prayer by reading Sacred Scripture, serving your brothers and sisters by giving alms or helping them in other ways, and practicing

self-control through the discipline of fasting and abstinence. Lent calls us to a true inner conversion of our hearts as we seek to follow Christ's will more intentionally. Also, meditate in your own baptism and visit your church's baptismal font often during Lent, to recall how you are called to die to sin and evil, and live a new life in Christ.

Here is a [LINK](#) with additional resources to use during the Lent season.



3. PRAY

Prepare a simple prayer space in a room of your home with a Bible, a candle (if possible), and a crucifix. You may add a picture of Christ crucified, such as the one found [here](#). (*You are welcome to download and print the image.*)

Once all gather, light the candle and invite your family or friends to look at the light of the candle and think about what they would like to focus on this Lent. (*You may choose to play instrumental music or be in silence for a couple of minutes.*)

Next, pray together with this sample prayer:

Heavenly Father, grant us the wisdom to turn to You during the season of Lent. When we do not have the answers we need, and when the journey seems uncertain, help us remain silent and allow Your Word and Your Spirit to reveal the way. When we are surrounded by frantic and unnecessary activities, help us remain calm and whisper into our hearts the assurance of Your presence. Help us to pause today at the beginning of this Season of Lent to welcome your presence in the Word of God as we heard today (or will hear today), and to make room for the transformation you want to lead us to. In Jesus' name we pray. Amen.



Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

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