

St Thomas Wells, with the Horringtons

First Sunday of Lent

Sunday February 22nd 2026

Hymn (Tune Repton)

**Dear Lord and Father of mankind,
forgive our foolish ways!
Re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence, praise;
in deeper reverence, praise.**

**In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word,
rise up and follow thee;
rise up and follow thee.**

**O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity
interpreted by love!
interpreted by love!**

**Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace;
the beauty of thy peace.**

**Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still, small voice of calm;
O still, small voice of calm.**

Prayer for the Day

Spirit of the desert,
you drove Jesus to the edge of the world
to find his truth and calling:
scour our hearts
and awaken our hunger
that freed from empty clinging
we might find ourselves in you;
through Jesus Christ, the Lord of the wilds. **Amen.**

The First Reading

Genesis 2.15-17; 3.1-7

A reading from the book of Genesis

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.'

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, ‘Did God say, “You shall not eat from any tree in the garden”?’ The woman said to the serpent, ‘We may eat of the fruit of the trees in the garden; but God said, “You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.” ’ But the serpent said to the woman, ‘You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.’ So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

For the word of the Lord

Thanks be to God

Second Reading

Romans 5.12-19

A reading from the letter of Paul to the Romans

Just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned— sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come.

But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man, Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ.

Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

For the word of the Lord
Thanks be to God

Hymn

***Do not be afraid, for I have redeemed you,
I have called you by your name;
you are mine.***

**When you walk through the waters, I'll be with you,
you will never sink beneath the waves.**

**When the fire is burning all around you,
you will never be consumed by the flames.**

**When the fear of loneliness is looming,
then remember I am at your side.**

**When you dwell in the exile of the stranger,
remember you are precious in my eyes.**

**You are mine, O my child, I am your Father,
and I love you with a perfect love.**

Gospel Reading

Matthew 4.1-11

Hear the Gospel of our Lord Jesus Christ according to Matthew
Glory to you, O Lord.

Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God." '

Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone." '

Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test." '

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him." '

Then the devil left him, and suddenly angels came and waited on him.

This is the Gospel of the Lord
Praise to you O Christ

Hymn

(Tune: Abridge)

**From ashes to the living font
your church must journey, Lord,
baptized in grace, in grace renewed
by your most holy word.**

**Through fasting, prayer and charity
your voice speaks deep within,
returning us to ways of truth
and turning us from sin.**

**From desert to the mountaintop
in Christ our way we see,
so, tempered by temptation's might,
we might transfigured be.**

**For thirsting hearts let water flow,
our fainting souls revive;
and at the well your waters give
our everlasting life.**

**From ashes to the living font
your Church must journey still;
through cross and tomb to Easter joy,
in Spirit-fire fulfilled.**

Post-Communion Prayer

**Lord God, you have renewed us
with the living bread from heaven;
by it you nourish our faith,
increase our hope, and strengthen our love:
teach us always to hunger for him
who is the true and living bread,
and enable us to live by every word
that proceeds from out of your mouth;
through Jesus Christ our Lord. Amen**

Hymn

**Father, I place into your hands
the things I cannot do.
Father, I place into your hands
the times that I've been through.
Father, I place into your hands
the way that I should go,
for I know I always can trust you.**

**Father, I place into your hands
my friends and family.**

**Father, I place into your hands
the things that trouble me.**

**Father, I place into your hands
the person I would be,
for I know I always can trust you.**

**Father, we love to seek your face,
we love to hear your voice.**

**Father, we love to sing your praise
and in your name rejoice.**

**Father, we love to walk with you
and in your presence rest,
for we know we always can trust you.**

**Father, I want to be with you
and do the things you do.**

**Father, I want to speak the words
that you are speaking too.**

**Father, I want to love the ones
that you will draw to you,
for I know that I am one with you.**