

FIRST SUNDAY of LENT- C- 6 March 2022
Responsorial Psalm Psalm 90(91):1-2,10-15

Be with me, O Lord, in my distress.

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!'

*Give yourself time and space this Lent to find shelter and shade in prayer and reflection
Concentrate in your prayer on how you trust God*

Upon you no evil shall fall,
no plague approach where you dwell.
For you has he commanded his angels,
to keep you in all your ways.

*Thank God for the times you have felt God's protection in difficulties
How do you sense God's care through the people who have been angels in your life?*

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 dragon.

*Think about and pray for the troubled places of this world that they may know peace
Pray for the people who abuse their power and influence to harm others*

His love he set on me, so I will rescue him;
protect him for he knows my name.
When he calls I shall answer: 'I am with you,'
I will save him in distress and give him glory.

*Thank God for his love for you which is always there to rescue you
Pray "I am with you, Lord". Stay with those words for some moments*

Acknowledgements

Excerpts from *The Psalms: A New Translation* © 1963 The Grail (England) published by HarperCollins.