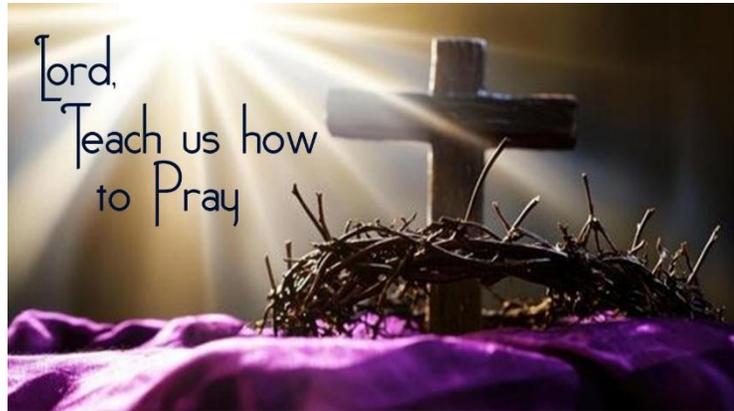


First Sunday in Lent
Readings for Sermon
February 22, 2026



FIRST READING - PSALM 32:5-11

The first reading is from the book of Psalms.

Then I acknowledged my sin to you,
and I did not hide my iniquity;
I said, "I will confess my transgressions to the Lord,"
and you forgave the guilt of my sin. Selah

Therefore let all who are faithful
offer prayer to you;
at a time of distress, the rush of mighty waters
shall not reach them.
You are a hiding place for me;
you preserve me from trouble;
you surround me with glad cries of deliverance.

I will instruct you and teach you the way you should go;
I will counsel you with my eye upon you.
Do not be like a horse or a mule, without understanding,
whose temper must be curbed with bit and bridle,
else it will not stay near you.

Many are the torments of the wicked,
but steadfast love surrounds those who trust in the Lord.
Be glad in the Lord and rejoice, O righteous,
and shout for joy, all you upright in heart.

The word of the Lord.

Thanks be to God.

SECOND READING - EPHESIANS 3:12-19

The second reading is from the book of Ephesians.

In [Christ] we have access in boldness and confidence through faith in him. I pray, therefore, that you may not lose heart over my sufferings for you; they are your glory.

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God.

GOSPEL - MATTHEW 6:7-13, 31-34

Jesus said: "When you are praying, do not heap up empty phrases as the gentiles do, for they think that they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.

"Pray, then, in this way:

Our Father in heaven,

may your name be revered as holy.

May your kingdom come.

May your will be done

on earth as it is in heaven.

Give us today our daily bread.

And forgive us our debts,

as we also have forgiven our debtors.

And do not bring us to the time of trial,

but rescue us from the evil one.

Therefore do not worry, saying, 'What will we eat?' or 'What will we drink?' or 'What will we wear?' For it is the gentiles who seek all these things, and indeed your heavenly Father knows that you need all these things. But seek first the kingdom of God and his righteousness, and all these things will be given to you as well.

"So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today."