

Lessons for the First Sunday in Lent

February 22, 2026

Psalm 32:1-7 ~ *David rejoices in God's forgiveness and trusts his deliverance.*

Genesis 3:1-21 ~ *Adam and Eve fell into sin when Satan tempted them.*

Romans 5:12-19 ~ *As the result of one trespass all have sinned.*

Matthew 4:1-11 ~ *After He was baptized, Christ was tempted by Satan.*

GATHERING THE TEXTS: Happy to be Human

That is what it is all about, you know. Adam and Eve were not satisfied with their created state. Out of the dust they had come, but they wanted to go to the stars. They were blinded by the stardust and earned death through their dissatisfaction. Jesus, on the other hand, came from the 'stars' and took on the dust of our humanity, happy to do so. By his obedience to death he opened up our future to become once again all that God had intended when he first created us.

PRAYER BEFORE THE SERVICE: Lord Jesus, the temptations around me are many and suited especially for my weakest moments. You were strong to resist the devil. Give me your strength. Even more, give me your victory over sin and even over death so I may live with you forever. Amen.

STEWARDSHIP THOUGHT: God has placed kingdoms, power, wealth, food, and clothing at our disposal. He calls us to use them not for evil purposes, but for good, to empower the dispossessed and to spread the blessings of His Kingdom.

OFFERING PRAYER: Lord, let us use these earthly gifts
To build the Kingdom of Your name,
And set us free from Satan's bonds
To spread Your glory and Your fame.

CONVICTION AND COMFORT: We exercise our ill-won right to choose good and evil for ourselves and remain caught up in the grip of sin earned by Adam and Eve. Jesus exercised His divine right to be faithful to His Father's calling and burst us free from the power of death. Now we live in righteousness, not by right, but by the free gift of God's grace.

Questions to Consider: Why was Jesus happy to be human in the Incarnation?

- What shows that Adam and Eve were not happy to be human?
- How can you tell that Adam and Eve's sin was passed on to the whole human race?
- Why didn't Jesus just banish Satan when he came to tempt Jesus?
- Why was Jesus obedient to death even though he wasn't subject to death?

Bonus on next page: Three stanzas from a hymn from a Lenten series, "The Great Exchange," recalling the sacrifice of an animal to take the place of Adam and Eve under the curse of sin.

BONUS HYMN: Abraham, Priest of Moriah

May be sung to "Let All Together Praise Our God" - LSB 389

God called on Abraham to make
A dreadful sacrifice,
But in His mercy would not take
The dear son, Isaac's life --
The dear son, Isaac's life.

Instead the Lord chose to provide
A ram as substitute;
An angel stopped the knife and cried:
"I know your faith is true --
I know your faith is true!"

O God the Father glorify,
Who did not spare His Son,
But willingly gave Him to die
To win us as His own --
To win us as His own!

- Gilbert A Franke, 2000