

# First Sunday of Lent – February 22, 2026

Opening:

## Lord, Who throughout These Forty Days



1. Lord, who through - out these for - ty days For  
2. As you with Sa - tan did con - tend And  
3. As you did hun - ger and did thirst, So  
4. And through these days of pen - i - tence, And  
5. A - bide with us that, when this life Of



us did fast and pray, Teach us to o - ver -  
did the vic - t'ry win, O give us strength in  
teach us, gra - cious Lord, To die to self, and  
through your Pas - sion - tide, For ev - er - more, in  
suf - fer - ing is past, An East - er of un -



come our sins, And close by you to stay.  
you to fight, In you to con - quer sin.  
on - ly live By your most ho - ly word.  
life and death, O Lord, with us a - bide.  
end - ing joy We may at - tain at last!

Text: Claudia F. Hernaman, 1838–1898, alt.

Tune: ST. FLAVIAN, CM; *John's Day Psalter*, 1562; harm. based on the original *faux-bourdon* setting

Psalm:



Be mer - ci - ful, O Lord, for we have sinned.

Text: *The Revised Grail Psalms*, © 2010, Conception Abbey and The Grail, admin. by GIA Publications, Inc.;

refrain tr. © 1969, ICEL

Music: Michel Guimont, © 1994, GIA Publications, Inc.

## Preparation:

### Return to God

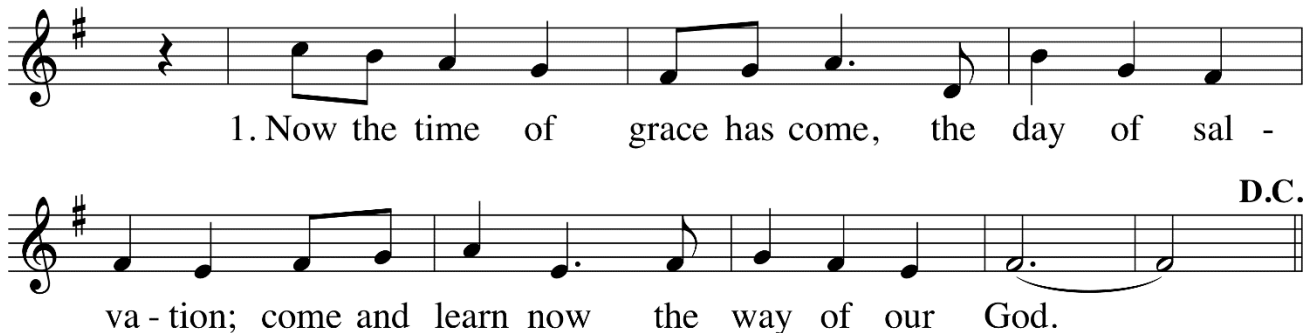
#### Refrain



Re - turn to God with all your heart, the source of grace and  
mer - cy; come seek the ten - der faith - ful - ness of God.

The musical notation for the Refrain is written on a single staff in treble clef, key of D major (one sharp), and 3/4 time. It begins with a quarter rest, followed by a series of eighth and quarter notes. The melody is simple and repetitive, with a final cadence marked by a double bar line and repeat dots.

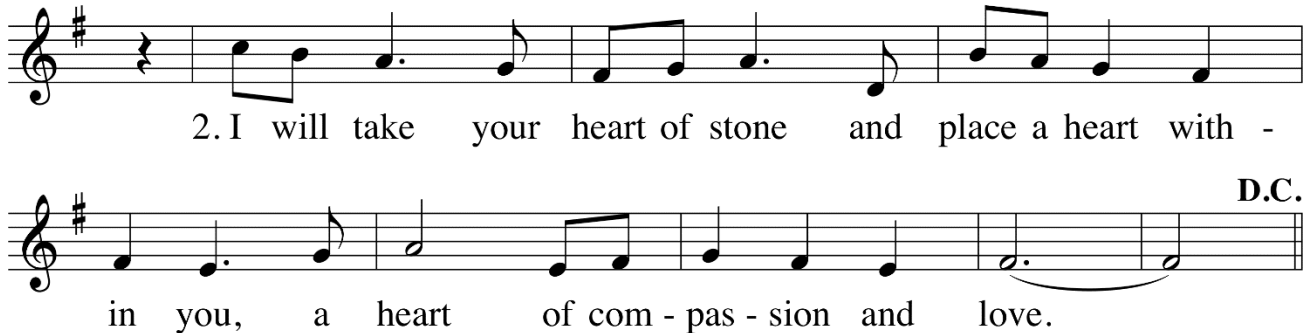
#### Verse 1



1. Now the time of grace has come, the day of sal -  
va - tion; come and learn now the way of our God.

The musical notation for Verse 1 is written on a single staff in treble clef, key of D major, and 3/4 time. It begins with a quarter rest, followed by a series of eighth and quarter notes. The melody is simple and repetitive, with a final cadence marked by a double bar line and repeat dots. The text "D.C." is written above the final measure.

#### Verse 2




2. I will take your heart of stone and place a heart with -  
in you, a heart of com - pas - sion and love.

The musical notation for Verse 2 is written on a single staff in treble clef, key of D major, and 3/4 time. It begins with a quarter rest, followed by a series of eighth and quarter notes. The melody is simple and repetitive, with a final cadence marked by a double bar line and repeat dots. The text "D.C." is written above the final measure.

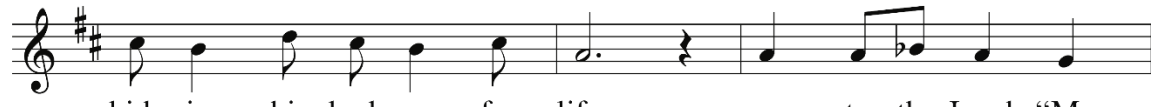
# Communion:

## On Eagle's Wings

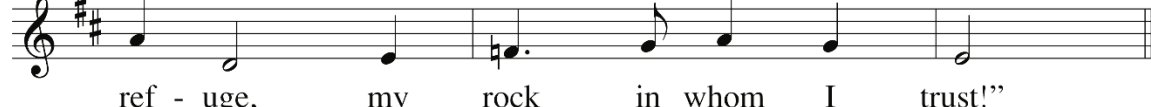
### Verse 1



1. You who dwell in the shel-ter of the Lord, who a -



bide in his shad-ow for life, say to the Lord: "My



ref - uge, my rock in whom I trust!"

### Refrain



And he will raise you up on ea - gle's wings, bear you on the



breath of dawn, make you to shine like the sun, and



hold you in the palm of his hand. *Last time to Coda ⊕ To verses*

2. The

### Verse 2



snares of the fowl - er will nev - er cap - ture you, and



fam - ine will bring you no fear: un - der his wings your



ref - uge, his faith - ful - ness your shield. **D.S.**

Verse 3

3. You need not fear the ter - ror of the night, nor the  
ar - row that flies by day; though thou - sands fall a -  
bout you, near you it shall not come. **D.S.**

Verse 4

4. For to his an - gels he's giv - en a com - mand to  
guard you in all of your ways; up - on their hands they will  
bear you up, lest you dash your foot a - gainst a stone. **D.S.**

♢ Coda

And hold you, hold you in the palm of his hand.

Closing:

## Forty Days and Forty Nights



1. For - ty days and for - ty nights You were fast - ing  
2. Shall not we your sor - row share And from world - ly  
3. Then, if Sa - tan on us press, Flesh or spir - it  
4. So shall we have peace di - vine; Ho - lier glad - ness  
5. Keep, O keep us, Sav - ior dear, Ev - er con - stant



in the wild; For - ty days and for - ty nights  
joys ab - stain, Fast - ing with un - ceas - ing prayer,  
to as - sail, Vic - tor in the wil - der - ness,  
ours shall be. 'Round us, too, shall an - gels shine,  
by your side, That with you we may ap - pear



Tempt - ed, and yet un - de - filed.  
Strong with you to suf - fer pain?  
Grant we may not faint nor fail!  
Such as served you faith - ful - ly.  
At the e - ter - nal East - er - tide.

Text: George H. Smyttan, 1822–1870, alt.

Tune: HEINLEIN, 7 7 7 7; attr. to Martin Herbst, 1654–1681, *Nürnbergisches Gesangbuch*, 1676