

4th SUNDAY IN LENT



Light of the World

Lord God,
when we were unfaithful,
you remembered us.
Your love is so great
that you sent your Son
to be the Light of the World.

May I keep my eyes fixed upon your light,
and never surrender to the dark,
O Christ.
Who lives and reigns with you,
in the Holy Spirit,
God, for ever and ever. Amen.

Sunday, March 10, 2024

Light of Hope in the Darkness



Hope and joy are recurring themes in the readings and prayers on the Fourth Sunday in Lent. Midway through Lent, just as we begin to weary in our resolve, the readings remind us of God's love and the abundant life and finally eternal life that awaits. Even in Lent our Sunday prayers are filled with the Christian response of joy: "Rejoice, Jerusalem, and all who love her." It is still the first day of the week, the day of resurrection and new life.

This day points to the reconciliation that is ours because of Christ's death and resurrection. And we have merited none of this. Only by the mercy of God do we live in Christ. We are invited to come to the cross and live; just as salvation came through gazing upon Moses' staff lifted up in the wilderness. So too

abundant life comes from the lifting up of the Son of Man. As the reading from Ephesians states, "It is the gift of God; it is not from works so no one may boast."

Some accept the gift of faith, but as the gospel states, "The light came into the world, but people preferred darkness to light." At baptism, we received the light of Christ and, with that light, join Christ in dispelling darkness. This week, be aware that you carry the light of Christ within you and can bring others to it.

*Today's readings: 2 Chronicles 36:14–23 or
Numbers 21:4–9; Psalm 137:1–6;
Ephesians 2:4–10; John 3:14–21.*



Art by / Ilustración de Mike Jaroszko © LTP

This Week at Home

Monday, March 11

Blind Faith

John tells the story of a man pleading for Jesus to heal his dying child. The wondrous sign of the healing convinced this man and the others present that Jesus was the Messiah. But what about those of us who have never witnessed such a miracle? Take some time to journal about your faith in Jesus. On what do you base your belief? How much do you trust in the Lord? *Today's readings: Isaiah 65:17–21; Psalm 30:2–6, 11–13; John 4:43–54.*

Tuesday, March 12

Journeying Together

Asking for or accepting help shows courage because it implies that we are not self-sufficient. Recognizing our dependence on God and one another is a virtue. Being in relationship with others requires listening. Today, await the answer when asking someone how he or she is doing. Then really listen. Similarly, make sure that you leave space and time in your prayer for God's voice to bubble up inside of you. *Today's readings: Ezekiel 47:1–12; Psalm 46:2–9; John 5:1–16.*

Wednesday, March 13

Blind Faith

While the Lord is a just judge, people are not always so just or righteous. Are you your worst critic? The idea of self-compassion might seem hedonistic or selfish, yet it can be hard to give what we do not possess. If we desire to extend God's kindness to others, we need to express compassion toward ourselves. Examine how well you practice patience and mercy toward others. To improve, begin with yourself. *Today's readings: Isaiah 49:8–15; Psalm 145:8–9, 13–14, 17–18; John 5:17–30.*

Thursday, March 14

Taking a Pause

In the Holy Communion, we encounter Christ in the liturgy of the Word and the liturgy of the Meal. He has promised to be present in word and sacrament. We meet him in the Scriptures, in the assembly/leaders and in our neighbor. God does not desire us to continue wandering in the wilderness; God beckons us to the promised land of abundant life. This week, meditate on a part of the Sunday eucharist. Practice being truly present during in the Lord's Supper to allow space for conversion and transformation. *Today's readings: Exodus 32:7–14; Psalm 106:19–23; John 5:31–47.*

Friday, March 15

Genuine Encounter

What does it mean to truly know someone? Have you followed a famous figure or professional contact and felt that you knew everything about him or her without having even met the person? Or perhaps you met the individual and encountered someone different than you had imagined. In today's gospel, the inhabitants of Jerusalem think that they know Jesus, but their knowledge is on a surface level. They do not know the One who sent him. When you read the Scriptures, invite the words to fill your heart so that you can know the Lord. *Today's readings: Wisdom (in the apocrypha) 2:12–22; Psalm 34:17–23; John 7:1–2, 10, 25–30.*

Saturday, March 16

The Body of Christ

Many things can distract us as we seek to become closer to God and spread the Good News. How can you stay rooted in a life of discipleship? What are some of the things you can do in your community to continue the ministry of Jesus? Can you read to children at the library? Or volunteer in a soup kitchen? Does your community have a cleanup day for which you could sign up? Strive to be walking testimonies of Jesus' love. *Today's readings: Jeremiah 11:18–20; Psalm 7:2–3, 9–12; John 7:40–53.*