

5th Sunday of Lent
April 3, 2022

FAITH @ HOME

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First Reading: Isaiah 43:16-21
Responsorial Psalm: Psalms 126
Second Reading: Philippians 3:8-14
Gospel: John 8:1-11

[Full readings can be found here!](#)

1. HEAR

Grab your Bible and look up the Gospel reading. Do not have one? You can find the text [here](#).

[Click here to see a video](#) of the proclamation of the Gospel.

[Click here to see a children's video](#) of the proclamation of the Gospel.

2. PRAY

1. Find a pebble or stone or something similar
2. Hold it in your hand



Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

3. Talk to Jesus about the words of condemnation that you hear or have heard in your life. Where are these voices coming from? From others? From yourself?
 - a) Let the stone represent the words of condemnation.
4. Listen for what Jesus has to say
 - a) Recall that Jesus told the accusers "Let the one among you who is without sin be the first to throw a stone" and after they left, Jesus tells the woman "no one else condemns you and neither do I."
 - b) What else does Jesus say to you?
5. When you are ready, drop the stone you are holding at Jesus' feet and with it the condemnation that you have been carrying.
6. End your prayer using your own words to give Jesus thanks and praise.

3. TALK

The Power of Words: Nowadays we might not stone others with rocks, but we can do significant harm with our words.

Share with one another:

- How have your words (or the words of another person) brought suffering to others through condemnation?
- How have your words (or the words of another person) brought joy to others through affirmation?

Challenge: Intentionally choose to affirm a different person each day in the coming week (examples: thank you cards, text message or phone call to offer words of encouragement, positive messages on social media, etc.)