

4th Sunday of Lent
March 19th, 2023

Faith @ Home

ACCOMPANYING JESUS THIS LENT

4th Sunday of Lent

First Reading: 1 Samuel 16: 1b,6-7,10-13a
Responsorial Psalm: Psalm 23: 1-3a,3b-4,5,6
Second Reading: Ephesians 5: 8-14
Gospel: John 9: 1-42

Gospel Reflection Page (by Bishop O'Connell): [4th Sunday in Lent](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find all the readings by visiting the USCCB page here: [Fourth Sunday of Lent | USCCB](#)

Children's Video: [HERE](#) (YouTube, Catholic Kids Media, 7:05 min)

Adult's Video: [HERE](#) (YouTube, Discover Jesus, 7:04 min)

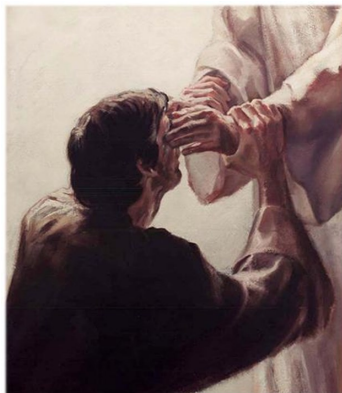
Opening Prayer: Come, Holy Spirit, as we read this gospel, help us to experience God's love in the passion of Jesus. Give us the wisdom that comes from you to listen to you and give us openness with the light of your word.

2. PRAY

For the adults in the family...

Watch Video [HERE](#):
(YouTube, John Michael Talbot, 2:01 min)

In today's Gospel we hear the story of the blind man that Jesus healed. Pray with Jesus and ask him to help you be open to remove all darkness from your soul. As you pray with Jesus, feel Him break through that darkness with the healing Light of Christ. Pray that this sacred light will cast away all your blindness, whether it is physical, spiritual, intellectual, or emotional—and brings you a clear and renewed vision. At the end of your prayer time with Jesus, thank him for the gift of His holy light and be mindful that after you receive Him in the Holy Eucharist, you are commissioned to go out and be the Light of Christ to all those you encounter.



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

For the children in the family...

In today's Gospel we hear the story of the blind man that Jesus heals. Pray with Jesus and ask him to heal all those in your family or your friends that suffer from blindness. Blindness can be not seeing "with the eyes of God". As you pray with Jesus, draw a picture of how you see all the gifts around you that God has given you: your family, your friends, teachers, pets, nature. As you draw these pictures and pray with Jesus, tell Jesus how thankful you are for all these beautiful gifts. Share your prayer picture with your parents and place it on your Lenten prayer table.

3. TALK

Think about family or friends in your life that are living in spiritual darkness, how can you bring the Light of Christ to those in need? Consider visiting a nursing home or visiting a friend/relative that is sick. Bring them the Light of Christ, by being a gentle loving presence in their dark and lonely world. Consider praying the Psalm with them at the end of your visit: "The Lord is my Shepherd, there is nothing I shall want." After having this visit, share with a family member or close friend, how it made you feel sharing Jesus' love with others.

Faith at Home Lenten Practice

Pray: Intentionally *pray* for those in your family that have fallen away from the church. Pray that the light of Christ breaks through their heart and brings them out of the darkness of being separated from Christ. Pray that they have a conversion of heart. Also, intentionally pray for the Elect of your parish that will be prayed over and blessed during the Second Scrutiny, which will be celebrated at one of your parish's Sunday Liturgies. Pray that all blindness (spiritually, physically, intellectually, emotionally) be lifted from their hearts and souls. These powerful prayers will strengthen the Elect as they continue their journey towards the baptismal waters at Easter Vigil. Place a votive candle on your Lenten prayer table to remind you of Christ's light breaking through the darkness.

Fast: This week we ask you to consider fasting from following temptations that cause you to be separated from Christ and cause your own soul to be in darkness (examples: selfishness, jealousy, gossiping, etc.).

Almsgiving: Reflect on your visit to a nursing home or visiting a friend/relative that was sick (from the Talk section). Did the experience bring the Light of Christ to brighten their day? Your simple act of *Almsgiving* and sharing love and kindness will be appreciated.