

5th Sunday of Lent
March 26, 2023

Faith @ Home

ACCOMPANYING JESUS THIS LENT

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First Reading: Ezequiel 37: 12-14
Responsorial Psalm: Psalm 130: 1-2, 3-4, 5-6, 7-8
Second Reading: Romans 8: 8-11
Gospel: John 11: 1-45

Gospel Reflection Page (by Bishop O'Connell): [5th 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: [Fifth Sunday of Lent | USCCB](#)

[USCCB/English Link](#)
[USCCB/Spanish Link](#)

Children's Video: [Here](#)

Adult's English Video: [Here](#)

Opening Prayer: *Lord Jesus, send your Spirit to help us read the Bible in the same way You read it to your disciples. May your word guide us so that we too may bear witness that you are alive in our midst. Amen.*

2. PRAY

In today's Gospel we hear and witness the raising of Lazarus, Mary and Martha's brother and the dear friend of Jesus.



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

Pray that Jesus will remove any obstacle that you put between Him and yourself. Pray that Jesus removes anything that binds your heart and prevents you from having a deep, personal relationship with Him. At the end of your meditation, feel Jesus embrace you and feel his love and mercy surround you. Find a rock, write on the rock a word that represents anything that blocks or burdens you, I.e., jealousy, unforgiveness, etc.

Place the rock on your Lenten prayer space to remind you to roll away the stone that blocks you from an intimate relationship with Christ.

3. TALK

Invite a close friend or family member to journal and answer these questions: What are some thoughts or actions in your life that cause you to be buried in the darkness of a tomb and separated from Christ? What are some things you can consider doing to roll away that stone that blocks and burdens you from having a deep relationship with Christ? Share with your companion some of your action items. and plan to follow up with each other. End your time together by praying the prayer Jesus taught us, the Our Father.

Faith@Home Lenten Practices

Pray: Think of someone they know, who is experiencing a difficult situation at this moment. What are the consequences that person must deal with every day? As family, make a commitment to pray for that person the rest of this week.

Fast: It is easy not to help when we think we can't do much to alleviate someone's troubles. In our Catholic Church, we speak of "sins of omission" when we don't do what we can to help someone who is in need. Brainstorm something specific your family can do to help the person you identified. It may be something easy as making a call or having a conversation with that person, or maybe the family can provide a meal or help with a chore, etc. An adult keeps track of the ideas being shared.

Almsgiving: Ask the family to vote on the various ideas that were presented to see which one they can select to put into action and help that person in their lives who needs their help.