

5th Sunday of Lent  
April 06, 2025

# FATH @ HOME

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**First Reading:** Isaiah 43: 16-21  
**Responsorial Psalm:** Psalm 126: 1-6  
**Second Reading:** Philippians 3: 8-14  
**Gospel:** John 8: 1-11

Full readings from USCCB [HERE](#)

## 1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube, Messages of Christ 8:12min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Catholic Media 1:50min)

## 2. PRAY

Dear Jesus, thank you for loving me. Help me to listen to Your words today and learn how to love like You do. Amen. Read or listen to the Gospel for today:  
John 8: 1-11

Place yourself in these scenes:

- Imagine yourself as the woman – standing alone, feeling unworthy, waiting for judgement.
- Imagine yourself as one of the crowd – quick to point fingers, quick to judge.
- Imagine Jesus – calm, loving, looking at you with mercy.

Second chances give us the opportunity to grow in relationship with others. Ask Jesus to walk with you as you reflect on the mercies He has given you.

With a grateful heart, spend time praising Jesus for His mercy and love for you. Hear Him say: "I love you. I forgive you. Let us start fresh today."

Pray together:

*Jesus, thank you for your mercy, for seeing me, knowing me, and loving me. Help me to step into the new life you are offering. I trust you. Amen.*

## 3. TALK

Today's readings show us that God sent Jesus to change the world with love and kindness. Jesus is our living water that washes away sin. Jesus tells us that we belong to Him. Everyone is His child. Reflect and discuss the following questions.

Reflection for Children: How can you show kindness and mercy to someone who has made a mistake? How does this action bring Jesus to others?

Reflection for Adults: How does it feel to know that Jesus seeks to create something new in you? Are you open to Jesus taking possession of you to be His agent for loving others?

As Lent comes to an end, are you ready to let go of sin and embrace God's mercy and unconditional love? To prepare your heart for Easter, consider attending your parish's penance service or another in your area.

