

4th Sunday in Lent

First Reading: 1 Samuel 16:1b, 6-7, 10-13a
Resp. Psalm: Psalm 23: 1-3a, 3b-4, 5, 6
Second Reading: Ephesians 5:8-14
Gospel: John 9:1-41

[Full readings can be found 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, Lumo Project Films channel, 7:03 min)

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube, Saddleback Kids channel, 3:16 min.)

2. PRAY

Create a prayer space in the room where all are gathered by placing a small piece of fabric (purple is the liturgical color of this Sunday), a Bible, a cross or crucifix, and a lighted candle.

Today's Psalm reminds us of God's providential love, care and mercy, and invite us to put all our trust in God's hands. Following the psalmist's example, we offer our prayer to God, while acknowledging all the blessings we receive.

All: The Lord is my shepherd; there is nothing I shall want.

Side 1: The LORD is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul.

All: The Lord is my shepherd; there is nothing I shall want.

Side 2: He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side with your rod and your staff that give me courage.

All: The Lord is my shepherd; there is nothing I shall want.

Side 1: You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows.

All: The Lord is my shepherd; there is nothing I shall want.

Side 1: Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the LORD for years to come.

All: The Lord is my shepherd; there is nothing I shall want.

3. TALK

Gather with family or a friend in a comfortable place in your home after you have listened to the Gospel. Beforehand, someone took charge of placing on a nearby table some objects from your home that are not fragile and that are safe to touch. Also, have a blindfold ready such as a bandana, blindfold, etc.

Have you ever wondered what it would feel like to be blind? (Let a few people respond and prioritize getting children and youth involved.) Then invite a few people to put on a blindfold to cover their eyes and ask them to try to feel the objects that were placed on the table and identify what they are and what they are used for.

In today's Gospel, Jesus performs a very amazing miracle by restoring sight to a man who had been born blind. Then Jesus declares that he is the light of the world. However, many of the Pharisees who knew about the miracle did not believe it happened because they were spiritually blind. Many times, we act like those Pharisees, so we are going to reflect on these questions:

- What are the blind spots in your life?
- Do I feel better than the other people around me?
- Do I let my prejudices create barriers in my relationships with other people?
- Am I open to listening to the point of view of other people?

Invite everyone present to reflect silently for a few minutes. (If children are present, an adult can choose a question for them to ponder.)

When the reflection time is over, ask this question: **What feelings filled your heart as you remembered these attitudes?** Invite everyone to share with another person. (If there are young children, ask them to draw a picture to share with everyone.)

At the end of the story, we read how the blind man meets Jesus and recognizes him as the Messiah by demonstrating his faith. How many times do we fail to recognize Jesus who is present in our brothers and sisters? For example, the people in my family or neighborhood in need, or those who feel lonely and sad, or people who live abandoned, people who are afraid and hiding, etc. What concrete action can we do as a family to bring the light of Jesus into their lives?

