

3RD SUNDAY
OF LENT

YEAR B



PURIFYING THE TEMPLE
OF YOUR HEART

PRAYER JOURNAL

OPENING PRAYER

Dear Jesus, help me to spread Your fragrance everywhere I go.
Flood my soul with Your spirit and life.
Penetrate and possess my whole being so utterly,
That my life may only be a radiance of Yours.
Shine through me, and be so in me
That every soul I come in contact with
May feel Your presence in my soul.
Let them look up and see no longer me, but only Jesus!
Stay with me and then I shall begin to shine as You shine,
So to shine as to be a light to others.

—Adapted from humblehandmaid.com

READINGS FOR THE THIRD SUNDAY OF LENT

FIRST READING

~Exodus 20:1-17~

In those days, God delivered all these commandments: “I, the LORD, am your God, who brought you out of the land of Egypt, that place of slavery. You shall not have other gods besides me. You shall not carve idols for yourselves in the shape of anything in the sky above or on earth below or in the waters beneath the earth; you shall not bow down before them or worship them. For I, the LORD, your God, am a jealous God, inflicting punishment for their fathers’ wickedness on the children of those who hate me, down to the third and fourth generation; but bestowing mercy down to the thousandth generation on the children of those who love me and keep my commandments.

“You shall not take the name of the LORD, your God, in vain. For the LORD will not leave unpunished the one who takes his name in vain.

“Remember to keep holy the sabbath day. Six days you may labor and do all your work, but the seventh is the sabbath of the LORD, your God. No work may be done then either by you, or your son or daughter, or your male or female slave, or your beast, or by the alien who lives with you. In six days the LORD made the heavens and the earth, the sea and all that is in them; but on the seventh day he rested. That is why the LORD has blessed the sabbath day and made it holy.

“Honor your father and your mother, that you may have a long life in the land which the LORD, your God, is giving you. You shall not kill. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, nor his male or female slave, nor his ox or ass, nor anything else that belongs to him.”

RESPONSORIAL PSALM

~Psalm 19:8, 9, 10, 11~

R/ Lord, you have the words of everlasting life.

The law of the LORD is perfect,
refreshing the soul;
the decree of the LORD is trustworthy,
giving wisdom to the simple.

R/

The precepts of the LORD are right,
rejoicing the heart;
the command of the LORD is clear,
enlightening the eye.

R/

The fear of the LORD is pure,
enduring forever;
the ordinances of the LORD are true,
all of them just.

R/

They are more precious than gold,
than a heap of purest gold;
sweeter also than syrup
or honey from the comb.

R/

SECOND READING

~1 Corinthians 1:22-25~

Brothers and sisters: Jews demand signs and Greeks look for wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are called, Jews and Greeks alike, Christ the power of God and the wisdom of God. For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

GOSPEL

~John 2:13-25~

Since the Passover of the Jews was near, Jesus went up to Jerusalem. He found in the temple area those who sold oxen, sheep, and doves, as well as the money changers seated there. He made a whip out of cords and drove them all out of the temple area, with the sheep and oxen, and spilled the coins of the money changers and overturned their tables, and to those who sold doves he said, "Take these out of here, and stop making my Father's house a marketplace." His disciples recalled the words of Scripture, Zeal for your house will consume me. At this the Jews answered and said to him, "What sign can you show us for doing this?" Jesus answered and said to them, "Destroy this temple and in three days I will raise it up." The Jews said, "This temple has been under construction for forty-six years, and you will raise it up in three days?" But he was speaking about the temple of his body. Therefore, when he was raised from the dead, his disciples remembered that he had said this, and they came to believe the Scripture and the word Jesus had spoken.

While he was in Jerusalem for the feast of Passover, many began to believe in his name when they saw the signs he was doing. But Jesus would not trust himself to them because he knew them all, and did not need anyone to testify about human nature. He himself understood it well.

Sunday



LECTIO DIVINA – SACRED READING OF SCRIPTURE

Feel free to jot down your notes or reflections on the video in the space below.

LECTIO DIVINA – MEDITATION

SMALL GROUP QUESTION #1

In the Gospel reading this week, we see Jesus as we rarely see him: angrily turning over tables and scolding people in the Temple. The presenter referred to Jesus’s outburst as “righteous anger,” but what does that mean? **Is Jesus just in his anger? Why or why not?**

SMALL GROUP QUESTION #2

The First Readings discusses the Ten Commandments and the Gospel shows Jesus purifying the Temple. **What do these two readings have to do with one another? How do laws relate to purification and holiness?**

LECTIO DIVINA – PRAYER & RESOLUTION

PRAYER

Put yourself in today's Gospel reading. The temple that Jesus wants to purify is your heart and mind, for we all are temples of the Holy Spirit. Imagine Jesus reacting to your personal commitment to holiness. If he is peering into your heart, what sorts of things does he see?

RESOLUTION

What in your life prevents you from being a pure temple? What would Jesus throw out for the sake of holiness? Ask Jesus to give you the strength to overcome temptation and turn your focus towards God. Ask Jesus to give you the guidance to devote your life to doing God's will.

CLOSING PRAYER

God, my Father,
may I love you in all things and above all things.
May I reach the joy which you have prepared for me in Heaven.
Nothing is good that is against your will,
and all that is good comes from your hand.
Place in my heart a desire to please you
and fill my mind with thoughts of your love,
so that I may grow in your wisdom and enjoy your peace.

—catholic.org

***“Don’t you long to shout to those youths who are bustling around you:
Fools! Leave those worldly things that shackle the heart—and very
often degrade it—leave all that and come with us in search of Love!”***

—St. Josemaria Escriva

Monday

Reread the Second Reading and reflect on St. Paul's words when he says, "For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength." What does he mean by this?

"When God is our strength, it is strength indeed; when our strength is our own, it is only weakness."

—St. Augustine

Tuesday

The First Reading lists the Ten Commandments given by Moses to the Israelites. Reflect on these—is there a specific commandment that you are struggling to obey? Make practical resolutions to commit to following God's will.

"My director, Jesus, does not teach me to count my acts, but to do everything for love, to refuse Him nothing, to be pleased when He gives me a chance to prove to Him that I love Him—but all this in peace—in abandonment."

—St. Thérèse of Lisieux

Wednesday

Reflect on the Responsorial Psalm. The psalmist proclaims that the law of God is “refreshing to the soul,” “trustworthy,” and “sweeter than honey.” Do you think of laws in this manner? How can you view God’s commands in this light?

“Owe nothing to anyone, except to love one another; for the one who loves another has fulfilled the law.”

—Romans 13:8

Thursday

In the Gospel reading, the disciples attribute the words of Psalm 69:9 to Jesus: “Zeal for your house will consume me.” What does this mean, and do you too share Christ’s zeal? How can you display this zeal in your everyday life?

“Love in the person who preaches the word of God is like fire in a musket. If a person were to throw a bullet with his hands, he would hardly make a dent in anything; but if the person takes the same bullet and ignites some gunpowder behind it, it can kill. It is much the same with the word of God. If it is spoken by someone who is filled with the fire of charity—the fire of love of God and neighbor—it will work wonders.”

—St. Anthony Mary Claret

Friday

Regarding the Ten Commandments, the Catechism teaches, “They express the implications of belonging to God through the establishment of the covenant. Moral existence is a response to the Lord’s loving initiative. It is the acknowledgement and homage given to God and a worship of thanksgiving. It is cooperation with the plan God pursues in history” (CCC 2062). What is the relationship between law and love?

“Love God, serve God; everything is in that.”

—St. Clare of Assisi

Saturday

One of the greatest hindrances in following God’s commands and having a pure heart is pride. Devote yourself to serving a family member, friend, or stranger today in order to practice the virtue of humility.

“You must ask God to give you the power to fight against the sin of pride which is your greatest enemy—the root of all that is evil, and the failure of all that is good. For God resists the proud.”

—St. Vincent de Paul