

4TH SUNDAY
OF LENT

YEAR B



HAVE IT YOUR WAY

PRAYER JOURNAL

OPENING PRAYER

O Blood and water,
which gushed forth from the heart of Jesus
as a fount of mercy for us,
I trust in you.

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Amen.

READINGS FOR THE FOURTH SUNDAY OF LENT

FIRST READING

~2 Chronicles 36:14-16, 19-23~

In those days, all the princes of Judah, the priests, and the people added infidelity to infidelity, practicing all the abominations of the nations and polluting the LORD's temple which he had consecrated in Jerusalem.

Early and often did the LORD, the God of their fathers, send his messengers to them, for he had compassion on his people and his dwelling place. But they mocked the messengers of God, despised his warnings, and scoffed at his prophets, until the anger of the LORD against his people was so inflamed that there was no remedy. Their enemies burnt the house of God, tore down the walls of Jerusalem, set all its palaces afire, and destroyed all its precious objects. Those who escaped the sword were carried captive to Babylon, where they became servants of the king of the Chaldeans and his

sons until the kingdom of the Persians came to power. All this was to fulfill the word of the LORD spoken by Jeremiah: “Until the land has retrieved its lost sabbaths, during all the time it lies waste it shall have rest while seventy years are fulfilled.”

In the first year of Cyrus, king of Persia, in order to fulfill the word of the LORD spoken by Jeremiah, the LORD inspired King Cyrus of Persia to issue this proclamation throughout his kingdom, both by word of mouth and in writing: “Thus says Cyrus, king of Persia: All the kingdoms of the earth the Lord, the God of heaven, has given to me, and he has also charged me to build him a house in Jerusalem, which is in Judah. Whoever, therefore, among you belongs to any part of his people, let him go up, and may his God be with him!”

RESPONSORIAL PSALM

~Psalm 137:1-2, 3, 4-5, 6~

R/ Let my tongue be silenced, if I ever forget you!

By the streams of Babylon
we sat and wept
when we remembered Zion.
On the aspens of that land
we hung up our harps.

R/

For there our captors asked of us
the lyrics of our songs,
and our despoilers urged us to be joyous:
“Sing for us the songs of Zion!”

R/

How could we sing a song of the LORD
in a foreign land?
If I forget you, Jerusalem,
may my right hand be forgotten!

R/

May my tongue cleave to my palate
if I remember you not,
if I place not Jerusalem
ahead of my joy.

R/

SECOND READING

~Ephesians 2:4-10~

Brothers and sisters: God, who is rich in mercy, because of the great love he had for us, even when we were dead in our transgressions, brought us to life with Christ—by grace you have been saved—raised us up with him, and seated us with him in the heavens in Christ Jesus, that in the ages to come he might show the immeasurable riches of his grace in his kindness to us in Christ Jesus. For by grace you have been saved through faith, and this is not from you; it is the gift of God; it is not from works, so no one may boast. For we are his handiwork, created in Christ Jesus for the good works that God has prepared in advance, that we should live in them.

GOSPEL

~John 3:14-21~

Jesus said to Nicodemus: “Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life.”

For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

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

When have you rejected God to follow your own ideas? How did it turn out for you?

SMALL GROUP QUESTION #2

When you realized you had taken the wrong path in rejecting God, how did you feel when you turned back to him?

LECTIO DIVINA – PRAYER & RESOLUTION

PRAYER

God is working tirelessly to bring us back to him. There is a constant pattern in our lives of us rejecting God to follow our own way, God reaching out to us to invite us back to him, and then us turning back to God, seeking his forgiveness and a new beginning.

Sometimes we may feel that God gets tired of giving us a new start. “Could he really forgive me again?” we wonder. In these moments of doubt, cling to the words in today’s Gospel: “For God so loved the world that he gave his only begotten Son.” He loves us and wants us to know how dear we are to him so much so that he sent his own beloved Son to die on the Cross so that we might know his love, his mercy, his forgiveness, and his desire to spend eternity with us.

What area of your life do you hide from the light of Christ? Where in your life are you looking to follow your own path rather than God’s plan?

RESOLUTION

This week, begin to offer to God the place in your life that you seek to control. Ask him for the grace to surrender your grasp to him. Listen to what he has to say about it. Do not be afraid to “do whatever he tells you.”

CLOSING PRAYER

Take a few minutes to reflect on these words:
Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever you would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Savior

—Hillsong United, Oceans

“Love will consume us only in the measure of our self-surrender.”

—St. Thérèse of Lisieux, Story of a Soul

Monday

Do one work today that you might be closer to Jesus and be a light shining in the darkness for others. Ask Jesus for the grace to carry it through to completion.

“The light shines in the darkness and the darkness has not overcome it.”

—John 1:5 (RSV)

Tuesday

We read in Sunday’s Second Reading that God is “rich in mercy.” Have we asked him for mercy lately? Pray an examination of conscience today and ask God for his mercy and forgiveness.

“Do not be ashamed to enter again into the Church. Be ashamed when you sin. Do not be ashamed when you repent.”

—Attributed to St. John Chrysostom

Wednesday

Have you been scared of God's wrath? Re-read the First Reading from Sunday and reflect on the people's attitude that resulted in his anger. What does God seek to show us first?

"The Lord said to me, 'The loss of each soul plunges Me into mortal sadness. You always console Me when you pray for sinners. The prayer most pleasing to Me is prayer for the conversion of sinners. Know, My daughter, that this prayer is always heard and answered.'"

—Jesus to St. Faustina, Diary of Divine Mercy, 1397

Thursday

Is there someone in your life that is causing you frustration because he or she hasn't followed your advice? Pray for them today that they would follow God's path. Take a few minutes to realize how God must feel when we stray from his plan for us.

"That in the opinion of the world, others increase and I decrease, Jesus grant me the grace to desire it."

—Litany of Humility Prayer

Friday

Pray a chaplet of Divine Mercy today. Ask for mercy for yourself and all those souls most in need of Christ's mercy today. If you don't know the prayer, here is a link that has it: www.praydivinemeracy.com.

"Why, even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows."

—Luke 12:7 (RSV)

Saturday

How are you living in the light? Are there parts of your life that you try to hide? Share them with God in prayer today. Do not be afraid to be vulnerable with him. This is the first step to bringing your life completely into the light and experiencing the freedom found only in Jesus Christ.

"Mankind will not have peace until it turns with trust to my Mercy."

—Jesus to St. Faustina, Diary of Divine Mercy, 300