

5TH SUNDAY
OF LENT

YEAR B



TAKE COURAGE

PRAYER JOURNAL

OPENING PRAYER

Jesus said to her,
I am the resurrection and the life;
he who believes in me, though he die,
yet shall he live,
and whoever lives and believes in me
shall never die.

—John 11:25–26 (RSV)

READINGS FOR THE FIFTH SUNDAY OF LENT

FIRST READING

~**Jeremiah 31:31–34**~

The days are coming, says the LORD, / when I will make a new covenant with the house of Israel / and the house of Judah. / It will not be like the covenant I made with their fathers / the day I took them by the hand / to lead them forth from the land of Egypt; / for they broke my covenant, / and I had to show myself their master, says the LORD. / But this is the covenant that I will make with the house of Israel after those days, says the LORD. / I will place my law within them and write it upon their hearts; / I will be their God, and they shall be my people. / No longer will they have need to teach their friends and relatives / how to know the LORD. / All, from least to greatest, shall know me, says the LORD, / for I will forgive their evildoing and remember their sin no more.

RESPONSORIAL PSALM**~Psalm 51:3-4, 12-13, 14-15~****R/ Create a clean heart in me, O God.**

Have mercy on me, O God, in your goodness;
in the greatness of your compassion wipe out my offense.

Thoroughly wash me from my guilt
and of my sin cleanse me.

R/

A clean heart create for me, O God,
and a steadfast spirit renew within me.

Cast me not out from your presence,
and your Holy Spirit take not from me.

R/

Give me back the joy of your salvation,
and a willing spirit sustain in me.

I will teach transgressors your ways,
and sinners shall return to you.

R/**SECOND READING****~Hebrews 5:7-9~**

In the days when Christ Jesus was in the flesh, he offered prayers and supplications with loud cries and tears to the one who was able to save him from death, and he was heard because of his reverence. Son though he was, he learned obedience from what he suffered; and when he was made perfect, he became the source of eternal salvation for all who obey him.

GOSPEL

~John 12:20-33~

Some Greeks who had come to worship at the Passover Feast came to Philip, who was from Bethsaida in Galilee, and asked him, “Sir, we would like to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Amen, amen, I say to you, unless a grain of wheat falls to the ground and dies, it remains just a grain of wheat; but if it dies, it produces much fruit. Whoever loves his life loses it, and whoever hates his life in this world will preserve it for eternal life. Whoever serves me must follow me, and where I am, there also will my servant be. The Father will honor whoever serves me.

“I am troubled now. Yet what should I say? ‘Father, save me from this hour’? But it was for this purpose that I came to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it and will glorify it again.” The crowd there heard it and said it was thunder; but others said, “An angel has spoken to him.” Jesus answered and said, “This voice did not come for my sake but for yours. Now is the time of judgment on this world; now the ruler of this world will be driven out. And when I am lifted up from the earth, I will draw everyone to myself.” He said this indicating the kind of death he would die.

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

How do you need God to create a clean heart in you? How has your Lenten penance helped “clean” your heart and make room for God to work?

SMALL GROUP QUESTION #2

How do you serve God? Do you make it a point each day to be his servant?

LECTIO DIVINA – PRAYER & RESOLUTION

PRAYER

Jesus is sharing with his disciples that his hour is coming. He is letting them know that he will soon be fulfilling his purpose here on earth—to give his life for our sin. In sharing this with his disciples, he shares the secret to living a fulfilled life. He tells us that in order to gain eternal life, we must allow ourselves to die. This seems backwards. He uses a metaphor of a grain of wheat. In order for it to bear fruit, it must fall to the ground, and then it will sprout up new life.

What death of ourselves is God calling us to? What is holding us back from allowing that part of our lives to die? Are we scared of what will happen if we do? Will we lose control? Could it mean some suffering for us? Jesus, too, was “troubled.” But he knew that God was asking him to give his life, and so he trusted in obedience that God would take care of him. Ask Jesus for the grace to be courageous in trusting God and allow yourself to die to the world to gain eternal life in Heaven.

RESOLUTION

Even if you've fallen short on your Lenten penance, don't give up now. With only a couple of weeks left, recommit yourself to your penance and allow yourself to experience a "death" to yourself through it.

CLOSING PRAYER

And he who does not take his cross and follow me
is not worthy of me.
He who finds his life will lose it,
and he who loses his life for my sake will find it.

—Matthew 10:38–39 (RSV)

***We adore you, O Christ, and we bless you; because by your Holy Cross
you have redeemed the world.***

Monday

Jesus had to practice obedience to God the Father, just as we are called to be obedient to God, as well as other authorities. Who do you need to show honor to by practicing obedience today? What makes it hard for you to do so?

“Everyone who suffers is on a cross. Some ask to be taken down, like the thief on the left. Others ask to be taken up, like the thief on the right.”

—Archbishop Fulton Sheen, Wartime Prayer Book

Tuesday

In Sunday’s Responsorial Psalm verses we prayed for a “willing” and “steadfast” spirit. How do you need to grow in these virtues? Ask the Holy Spirit today to renew your heart to be steadfast in seeking God.

“Beneath the cross one learns to love.”

—St. Padre Pio, Voices, Visions, and Apparitions

Wednesday

We all long for freedom from our sin. Find a time this week to go to Confession to cleanse your heart and soul before entering into Holy Week.

“I have said this to you, that in me you may have peace. In the world you have tribulation; but be of good cheer, I have overcome the world.”

—John 16:33 (RSV)

Thursday

In Sunday’s First Reading, God says that not only will he forgive our sin, but he will “remember it no more.” Who do you need to extend this same grace to in your life?

“If we really want to love, we must learn how to forgive.”

—Attributed to St. Teresa of Calcutta

Friday

How is God asking you to serve him today? Take courage as you serve, as Jesus told us, “Where I am, there my servant will be.”

**“Sacrifice without love is pain. Pain with love is sacrifice.
Pain without love is misery. Love without pain is heaven.
Love with pain is purgatory. Pain without love is hell.”**

—Archbishop Fulton Sheen, Wartime Prayer Book

Saturday

What “love” in this life are you clinging to? Offer this love to God today.

**“Confessing our sins may be difficult for us, but it brings us peace.
We are sinners and we need God’s forgiveness.”**

—Pope Francis, Twitter, November 18, 2013