

Fifth Week of Lent

BEHOLD IN HOPE

Standing before the tomb of Lazarus, Jesus speaks words of life into death. He reveals Himself as the Resurrection and the Life, inviting all who believe to place their hope in Him.

As Lent draws toward Holy Week, this week calls us to trust Christ even in the face of loss, suffering, and uncertainty. Our hope rests not in outcomes, but in the One who holds all things in His hands.



TRUSTING THE LORD OF LIFE.

GOSPEL FOR THE FIFTH SUNDAY OF LENT

JOHN 11:1-45

How to pray with Lectio Divina

Lectio Divina means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

Journaling during Lent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of allowing the Word to remain with you and settle more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work. Let it be simple. Let it help you notice.

Daily Rhythm for Prayer

1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: *“Lord, show me the right moment for this.”*

Let each day be simple. Let it unfold gently. Behold the Lord with you.

Lenten Companion Prayers

BEHOLD I LISTEN

To be said before reading Scripture

Lord Jesus,
present and attentive,
quiet my heart before Your Word.
As I listen to the Gospel,
teach me to recognise Your voice
and to receive what You desire to give.
Amen.

BEHOLD I BEGIN

Daily opening prayer

Jesus, humble and hidden,
I place this day before You.
As I journey through Lent,
teach me to slow down and make room.
Be with me in the places
where my heart most longs for You.
Amen.

BEHOLD I RESPOND

Daily closing prayer

Jesus, Bread of Life,
help me live what I have received.
Shape my words, my actions, and my choices,
that I may carry Your presence
into my family, my relationships, my work,
and wherever love is needed.
Amen.

Fifth Sunday of Lent Gospel

JOHN 11:1-45

"I am the resurrection and the life."

The sisters of Lazarus sent word to Jesus, saying,

"Master, the one you love is ill."

When Jesus heard this he said,

"This illness is not to end in death,

but is for the glory of God,

that the Son of God may be glorified through it."

Now Jesus loved Martha and her sister and Lazarus.

So when he heard that he was ill,

he remained for two days in the place where he was.

Then after this he said to his disciples,

"Let us go back to Judea."

When Jesus arrived, he found that Lazarus

had already been in the tomb for four days.

When Martha heard that Jesus was coming,

she went to meet him;

but Mary sat at home.

Martha said to Jesus,

"Lord, if you had been here,

my brother would not have died.

But even now I know that whatever you ask of God,

God will give you."

Jesus said to her,

"Your brother will rise."

Martha said,

"I know he will rise,

in the resurrection on the last day."

Jesus told her,

"I am the resurrection and the life;

whoever believes in me, even if he dies, will live,

and everyone who lives and believes in me will never die.

Do you believe this?"

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Fifth Sunday of Lent Gospel *cont.*

She said to him, "Yes, Lord.

I have come to believe that you are the Christ, the Son of God,
the one who is coming into the world."

He became perturbed and deeply troubled, and said,

"Where have you laid him?"

They said to him, "Sir, come and see."

And Jesus wept.

So the Jews said, "See how he loved him."

But some of them said,

"Could not the one who opened the eyes of the blind man
have done something so that this man would not have died?"

So Jesus, perturbed again, came to the tomb.

It was a cave, and a stone lay across it.

Jesus said, "Take away the stone."

Martha, the dead man's sister, said to him,

"Lord, by now there will be a stench;

he has been dead for four days."

Jesus said to her,

"Did I not tell you that if you believe

you will see the glory of God?"

So they took away the stone.

And Jesus raised his eyes and said,

"Father, I thank you for hearing me.

I know that you always hear me;

but because of the crowd here I have said this,

that they may believe that you sent me."

And when he had said this,

He cried out in a loud voice,

"Lazarus, come out!"

The dead man came out,

tied hand and foot with burial bands,

and his face was wrapped in a cloth.

So Jesus said to them,

"Untie him and let him go."

Now many of the Jews who had come to Mary

and seen what he had done began to believe in him.

Fifth Week of Lent



*“I have done what was mine to do;
may Christ teach you what you are to do.”* — St Francis of Assisi

Near the end of his life, Francis carried suffering with deep trust. He knew weakness, illness, and limitation, yet his hope remained firm in Christ. He understood that the work belonged to God. Like Lazarus called from the tomb, Francis points us toward the quiet confidence that new life comes from the Lord.

MONDAY — BEHOLD IN HOPE

Christ stands as Lord over life and death.

Prayer: *Jesus, I trust in You.*

Action: Place one fear into God’s hands.

TUESDAY – BEHOLD LIFE

God speaks life where there seems to be none.

Prayer: *Lord, speak life into me.*

Action: Choose hope where you feel discouraged.

WEDNESDAY – BEHOLD FAITH

Faith grows when we remain close to Christ.

Prayer: *Jesus, strengthen my faith.*

Action: Renew your commitment to prayer.

THURSDAY — BEHOLD THE PROMISE

God is faithful to what He has spoken.

Prayer: *Lord, I trust Your promises.*

Action: Practise patience today.

FRIDAY — BEHOLD LOVE

Love does not turn away from suffering.

Prayer: *Jesus, teach me to love.*

Action: Offer love without expecting anything in return.

SATURDAY — BEHOLD THE NEARNESS OF THE CROSS

The heart grows still as Holy Week draws near.

Prayer: *Lord, prepare my heart.*

Action: Enter the coming days prayerfully and quietly.

Daily Opening and Closing Prayers, pg 6

Sacrament of Reconciliation

Lent is a season of returning. Again and again, God calls us back — not with condemnation, but with mercy.

The Sacrament of Reconciliation is one of the greatest gifts of the Church. Here, we encounter Jesus personally. Not as judge, but as healer. Not to shame us, but to restore us.

No matter how long it has been, no matter what we carry, Christ is ready to receive us.

He is gentle. He is faithful. He is waiting.

To come to Reconciliation is not to dwell on sin, but to behold mercy.

WHY GO TO RECONCILIATION?

- To experience God's forgiveness personally
- To begin again with a lighter heart
- To receive grace to grow in holiness
- To be restored to peace and communion

This is not about being perfect. It is about coming home.

TAKE THE STEP

If it has been a long time, do not be afraid.

Priests are there to welcome you with compassion.

Come as you are.

Bring what you carry.

Christ will meet you there.

Look out for extended Reconciliation times during Lent at your parish and nearby churches, and consider attending a Lenten Reconciliation service if one is offered.

Behold His mercy.

And begin again.

A SIMPLE EXAMINATION OF CONSCIENCE

Take a few quiet moments before God and ask:

Love of God

- Have I made space for prayer in my life?
- Have I trusted God in difficulty?
- Have I honoured the Lord's Day?

Love of neighbour

- Have I been patient and kind?
- Have I spoken harshly, judged others or held onto resentment?
- Have I failed to love when I had the opportunity?

Faithfulness of life

- Have I cared for the life God has given to me?
- Have I chosen what leads me closer to Christ?
- Have I turned away from what I know is good?

Let the Holy Spirit guide you gently.
You do not need to search anxiously.
Simply be honest.

ACT OF CONTRITION

Lord Jesus,
I am sorry for my sins.
With all my heart, I turn back to You.
Thank You for Your mercy and love.
Help me to walk in Your ways,
to sin no more,
and to trust in Your grace.
Amen.



“Let us begin again, brothers, for up to now we have done little or nothing.” — St Francis of Assisi

St Francis knew the joy of beginning again. He never saw conversion as a single moment, but a lifelong return to God's mercy. Francis reminds us that holiness is not about never falling, but about always returning to Christ.