

Fourth Week of Lent

BEHOLD WITH JOY

Jesus heals the man born blind, opening his eyes to the light. As sight is restored, faith grows, and joy begins to break through. This week reminds us that joy is born from encounter with Christ. As He opens our eyes, we learn to see with gratitude and hope, recognising God's work even in the midst of struggle.



SEEING WITH EYES MADE NEW.

GOSPEL FOR THE FOURTH SUNDAY OF LENT
JOHN 9:1-41

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.

Fourth Sunday of Lent Gospel

JOHN 9:1-41

"I was blind and now I see."

As Jesus passed by he saw a man blind from birth.
He spat on the ground and made clay with the saliva,
and smeared the clay on his eyes, and said to him,
"Go wash in the Pool of Siloam" — which means Sent —.
So he went and washed, and came back able to see.

His neighbors and those who had seen him earlier as a beggar said,
"Isn't this the one who used to sit and beg?"
Some said, "It is," but others said, "No, he just looks like him."
He said, "I am."

They brought the one who was once blind to the Pharisees.
Now Jesus had made clay and opened his eyes on a sabbath.
So then the Pharisees also asked him how he was able to see.
He said to them,
"He put clay on my eyes, and I washed, and now I can see."
So some of the Pharisees said,
"This man is not from God,
because he does not keep the sabbath."
But others said,
"How can a sinful man do such signs?"
And there was a division among them.
So they said to the blind man again,
"What do you have to say about him,
since he opened your eyes?"
He said, "He is a prophet."

They answered and said to him,
"You were born totally in sin, and are you trying to teach us?"
Then they threw him out.

When Jesus heard that they had thrown him out,
he found him and said, "Do you believe in the Son of Man?"
He answered and said,
"Who is he, sir, that I may believe in him?"
Jesus said to him,
"You have seen him, and the one speaking with you is he."
He said,
"I do believe, Lord," and he worshiped him.

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Fourth Week of Lent



“You are light; in You there is no darkness.”

— St Francis of Assisi

When Christ touched his life, Francis began to see differently. The world was no longer defined by fear or status, but by grace. Where others saw darkness, he learned to recognise light. His life reminds us that conversion is not only about change, but about learning to see with the eyes of love.

MONDAY – BEHOLD WITH JOY

Light breaks through when eyes are opened by grace.

Prayer: *Jesus, open my eyes.*

Action: Notice one sign of grace today.

TUESDAY – BEHOLD LIGHT

Christ draws us from darkness into truth.

Prayer: *Lord, lead me into Your light.*

Action: Let go of something that keeps you hidden.

WEDNESDAY – BEHOLD GRATITUDE

Joy deepens through thankful hearts.

Prayer: *Thank You, Lord.*

Action: Name three blessings today.

THURSDAY – BEHOLD FREEDOM

Christ frees the heart to live in the light.

Prayer: *Jesus, set me free.*

Action: Release one burden into God’s hands.

FRIDAY – BEHOLD THE WORK OF GOD

God continues His quiet work within us.

Prayer: *Lord, complete Your work in me.*

Action: Trust God’s timing today.

SATURDAY – BEHOLD HOPE

Joy prepares the heart for deeper trust.

Prayer: *Lord, renew my hope.*

Action: Encourage someone today.

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.