

# FOURTH SUNDAY OF LENT



## Help Us See

Good and gracious God,  
you see our inner life,  
and bring light to the darkness.  
Thank you for shining your loving  
kindness  
on our desire to know your Son.  
Lift our hearts with joy today.  
Help us inhale the signs of spring hope  
coming to life around us.  
Cast your holy light on the shadows  
of our lives  
and heal our spiritual wounds.  
Gift us with the desire to see the world  
with the eyes of faith  
through Christ the Lord. Amen.

Sunday, March 19, 2023  
Spiritual Sight

*Today's readings: 1 Samuel 16:1b, 6–7, 10–13a; Psalm 23:1–3a, 3b–4, 6, 6 (1); Ephesians 5:8–14; John 9:1–41.* The Fourth Sunday of Lent is known as Laetare (Rejoice) Sunday, a name inspired by the entrance antiphon, “Rejoice, O Jerusalem” (Isaiah 66:10). Today, we momentarily pause from some of the penitential observances of Lent. With joy, our eyes turn toward Easter. This spirit of rejoicing is reflected in our liturgies, which differ from the other Sundays of Lent. Flowers are permitted in the sanctuary. The priest may wear rose-colored vestments, ordinarily worn only on one other day of the liturgical year, the Third Sunday of Advent, or Gaudete Sunday.

The Scripture readings also highlight reasons to rejoice. Jesus proclaims to his disciples, to a blind man on

the side of the road, and ultimately to all of us, “I am the light of the world” (John 9:5). Perceiving the deepest needs of the man’s heart, Jesus performs a miraculous healing. He restores the man’s physical sight to offer him spiritual sight. Through his subsequent encounters with Jesus, the healed man comes to see, believe, and follow him.

Today we are invited to wake up from our blindness. Jesus looks into our hearts and desires to illuminate our intrinsic goodness. He offers us the gift of spiritual sight to see God’s essence radiating through all human reality. Shall we follow the blind man’s lead and joyfully look at the world and all those we meet with the eyes of faith?



## THIS WEEK AT HOME

### Monday, March 20

#### St. Joseph

Today we lift up Jesus' earthly father, St. Joseph, who embodied virtue as a father, dedicated worker, compassionate husband, and faithful listener. In fact, our sacred Scriptures recount his choices but never his words. Four times Joseph listens to the angel sent by God to guide his choices, and each time he courageously answers with quiet, trusting obedience. Make time today to emulate his prayer stance by quieting your heart and listening. *Today's readings: 2 Samuel 7:4–5a, 12–14a, 16; Psalm 89:2–3, 4–5, 27 and 29; Romans 4:13, 16–18, 22; Matthew 1:16, 18–21, 24a or Luke 2:41–51a.*

### Tuesday, March 21

#### Holistic Healing

The healing power of Jesus is on full display in the Gospel story about the man who had been sick for thirty-eight years. As with most healing stories attributed to Jesus, being “made well” is twofold. Jesus restores both physical health and implores those who are healed to seek spiritual health by avoiding sin. Lent offers us the path to wholeness. Healing comes in a variety of forms. Where do you need Jesus' healing touch today? *Today's readings: Ezekiel 47:1–9, 12; Psalm 46:2–3, 5–6, 8–9; John 5:1–16.*

### Wednesday, March 22

#### The Lord is Near

The responsorial psalm today gets right to the hopeful theme of Lent: God desires to be close to us. The descriptions of the Lord as kind, merciful, slow to anger, gracious, kind, compassionate, faithful, attentive, just, and holy lead to the acclamation that “the LORD is near to all who call upon him” (Psalm 145:18). Place Psalm 145 on your bathroom mirror or over your kitchen sink where you will be reminded throughout each day of God's enduring desire to be in relationship

with us. *Today's readings: Isaiah 49:8–15; Psalm 145:8–9, 13cd–14, 17–18; John 5:17–30.*

### Thursday, March 23

#### Sent by God

Jesus makes a bold claim to the Jewish community: “the Father has sent me.” As he says this, Jesus implores them to heed his voice and trace his living presence to the promises made to Moses. They respond with blind resistance. We have the gift of a much longer view on this interchange between Jesus and the community. Do we respond with faith or skepticism? *Today's readings: Exodus 32:7–14; Psalm 106:19–20, 21–22, 23; John 5:31–47.*

### Friday, March 24

#### Close to the Brokenhearted

Our responsorial psalm tenderly proclaims the promise that the Lord is “close to the brokenhearted” (Psalm 34:19). Part of the human condition is the experience of loss, disappointment, rejection, grief, and depression. Our faith offers us confident consolation that the Lord saves “those who are crushed in spirit” (34:19). Remember that we are never alone in our despair; the Lord never forgets us but especially leans in to be close when we are low. *Today's readings: Wisdom 2:1a, 12–22; Psalm 34:17–18, 19–20, 21 and 23; John 7:1–2, 10, 25–30.*

### Saturday, March 25

#### Annunciation of the Lord

The word *annunciation* means “announcement.” In our faith story, the angel Gabriel's announcement to Mary changes the course of history. Lent reminds us that God is announcing good news to us in a variety of forms and through the most unexpected messengers. Attend to the angels in our midst, sent by God to inspire, encourage, challenge, and affirm us. The week began with Laetare (Rejoice) Sunday. Today's feast bookends our week of rejoicing. What good news is God offering us today? *Today's readings: Isaiah 7:10–14; 8:10; Psalm 40:7–8a, 8b–9, 10, 11; Hebrews 10:4–10; Luke 1:26–38.*

