

5th Sunday of Lent

Ezekiel 37:12-14
Ps 130:1-8
Romans 8:8-11
John 11:1-45

Monday March 30

Daniel 13:1-9,15-30,33-62
Ps 23:1-6
John 8:1-11

Tuesday March 31

Numbers 21:4-9
Ps 102:2-3,16-21
John 8:21-30

Wednesday April 1

Daniel 3:14-20,91-92,95
Dan 3:52-56
John 8:31-42

Thursday April 2

Genesis 17:3-9
Ps 105:4-9
John 8:51-59

Friday April 3

Jeremiah 20:10-13
Ps 18:2-7
John 10:31-42

Saturday April 4

Ezekiel 37:21-28
Jer 31:10-13
John 11:45-56

Lent is not about suffering and sacrifice. It's a corridor to new life. Good Friday is not about pain and death. It's the door that Jesus opens to invite us into that new life.

Yes, suffering is part of the Lenten journey (which can be experienced at any time of the year). Yes, Lent includes the sacrifices of fasting and abstinence, almsgiving and extra time in church. But these are just vehicles for the trip.

God uses our sufferings (if we let him) to help us grow in compassion, persistence, and ministry. Our sacrifices teach us discipline (which is discipleship) so that we can purify our will and grow stronger in holiness. But the trip is not the destination.

Lent is all about reaching the resurrection: renewing our faith, entering a new life free of old sins, reconciling damaged relationships, and living

in the Spirit of God more than we ever did before.

Which day is more important to your faith: Good Friday or Easter? That horrid day on Calvary was necessary for Easter, but we are living in the resurrection! Catholics are an Easter people. This means that nothing bad can ever happen to us that will not be transformed into blessings if Jesus is the Lord of our lives.

He proved himself to be the Resurrection and the Life by displaying his power over life and death. Now he wants to prove it again – to you and to all those who are watching.



Reflect & Discuss:

1. We can personalize the first reading by understanding that God will open our graves (whatever is dead inside of us) and will place his Spirit of Life within us. How does the Holy Spirit help us discover healing and hope amidst daily sufferings?
2. In the scripture from Romans, we are reminded again of the Holy Spirit within us. Since the Spirit is alive in you, what affect does this have on your Lenten journey? What is being purified, strengthened, and renewed?
3. In the Gospel, Jesus proves his power over death just before he enters Jerusalem and heads toward Calvary. How does this prove to you that your own sufferings and sacrifices will not lead to permanent disaster?

Lenten Activity:

What needs to be resurrected in your life? What will you do this week to accept the death of what has ended so that you can prepare for the new life that Jesus is preparing for you?