

“God loved the world so much that he gave his only Son, so that everyone who believes in him may not be lost but may have eternal life.”

St Joseph’s Lenten Reflections - fourth Sunday of Lent 2021

Sadly, we can’t be together in our beloved St Joseph’s Church this year to observe the holy season of Lent. This short reflection for home use is for you to help you to find a connection with the season and to our parish community until we can be together.

[click on the links to access music and images as you go]

1. **Sing or Listen** - “Beyond the days” this simple hymn asks God to direct our journey through Lent to renewal at Easter

<https://www.youtube.com/watch?v=kp3DWyqEN28>

2. **Read** - the Gospel for this Sunday’s Mass

John 3:14-21

Jesus said to Nicodemus:

‘The Son of Man must be lifted up
as Moses lifted up the serpent in the desert,
so that everyone who believes may have eternal life in him.
Yes, God loved the world so much that he gave his only Son,
so that everyone who believes in him may not be lost
but may have eternal life.

For God sent his Son into the world
not to condemn the world,
but so that through him the world might be saved.
No one who believes in him will be condemned;
but whoever refuses to believe is condemned already,
because he has refused to believe in the name of God’s only Son.
On these grounds is sentence pronounced:

that though the light has come into the world
men have shown they prefer darkness to the light
because their deeds were evil.

And indeed, everybody who does wrong
hates the light and avoids it,
for fear his actions should be exposed;
but the man who lives by the truth comes out into the light,
so that it may be plainly seen that what he does is done in God.’

J 3,14–21

<https://modlitwawdrodze.pl/modlitwa/?uid=9465>

Jezus powiedział do Nikodema: „Jak Mojżesz wywyższył węża na pustyni, tak trzeba, by wywyższono Syna Człowieczego, aby każdy, kto w Niego wierzy, miał życie wieczne. Tak bowiem Bóg umiłował świat, że Syna swego Jednorodzonego dał, aby każdy, kto w Niego wierzy, nie zginął, ale miał życie wieczne. Albowiem Bóg nie posłał swego Syna na świat po to, aby świat potępił, ale po to, by świat został przez Niego zbawiony. Kto wierzy w Niego, nie podlega potępieniu; a kto nie wierzy, już został potępiony, bo nie uwierzył w imię Jednorodzonego Syna Bożego. A sąd polega na tym, że światło przyszło na świat, lecz ludzie bardziej umiłowali ciemność aniżeli światło: bo złe były ich uczynki. Każdy bowiem, kto źle czyni, nienawidzi światła i nie zbliża się do światła, aby jego uczynki nie zostały ujawnione. Kto spełnia wymagania prawdy, zbliża się do światła, aby się okazało, że jego uczynki zostały dokonane w Bogu”.

3. Watch and Listen - to this short reflection on the gospel using the power of art and storytelling

https://www.youtube.com/watch?v=n23QSRTaoBs&feature=emb_logo

4. Reflect - which piece spoke to you most? story, picture, song?

Jesus said to Nicodemus:

“And this is the judgment, that the light has come into the world, and people loved darkness rather than light...For all who do evil hate the light...But those who do what is true come to the light.”

5. **Sing or Listen** - "Christ be our Light"

<https://www.youtube.com/watch?app=desktop&v=qibAAo0JIEQ>

6. **Say the concluding prayer**

Glory be to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now and ever shall be,
world without end
Amen

We hope that this little reflection has given you a time of peace and prayer.
Have a good week!

