



March 10th 2024 4th Sunday in Lent – Year B – John 3:14 – 21

³⁻¹⁴ And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, ¹⁵ that whoever believes in him may have eternal life.

¹⁶ 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

¹⁷ 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. ¹⁸ Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. ¹⁹ And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. ²⁰ For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. ²¹ But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.'

<p>➤ Read and re-read – out loud and slowly the Gospel.</p> <p>➤ Meditate - on reading as being spoken to you, an experience in your life.</p>	<p>➤ Pray - Thanksgiving – Repentance – Petition.</p> <p>➤ Action – Attitude (Call to change / to act /to do).</p>
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In week's gospel we have many themes expressed in various metaphors and with various emphasis. We see God's love expressed in His giving of what is most precious to Him. We also see Jesus reflecting on how people are condemned; the only valid condemnation is the one which comes from within oneself.

Do we really believe in the love Jesus has for us and how he has given us the choice to live in darkness or light?

Who were the messengers He sent to us to bring us out of our darkness into a new light?

Prayer:

Thank you Lord for all those who show us love. In their loving us they help us to experience trust and this enables us not to feel lost but have new life .

Forgive us Lord for the times that we condemned others rather than following your example of enabling people to come to us without fear of being condemned. This would help them to come into the light the place that you wish us all to be .

Lord help us to be the presence of your only Son in the world so that people might not go through life condemned but might experience that they can trust and not be lost but live in a new light.