



CELEBRATING AT HOME  
4<sup>TH</sup> SUNDAY IN LENT

*Being light in the darkness (John 3:14-21)*



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### Sign of the Cross

In the name of the Father, and of the Son,  
and of the Holy Spirit.

**Amen.**

We stand in your presence, O God;  
**and we praise your holy name.**

May your mercy be upon us, O Lord;  
**as we place our trust in you.**

Show us your mercy and love;  
**and grant us your salvation.**

### Preparing to hear the Word

We were darkness once,  
**but now we are light in Christ.**

We no longer need the darkness, O God,  
for now we live in the light of your truth:  
**so that all may plainly see  
that what we do is done in you.**

Lord Jesus Christ, you shatter the darkness of our  
blindness, and light a new path for us in mercy and  
compassion.

**You are the Light of the World!**

Out of darkness, dust and ash:  
**you raise a people of clear vision and new sight.**

Holy Spirit come!  
**Surrounded us with your love,  
so that we may come home to you with all our  
hearts.**

### Opening Prayer

God of love,  
you enlighten all who come into this world. Illumine  
our minds and hearts with your presence through our  
Lord Jesus Christ, who lives and reigns with you and  
the Holy Spirit, God, for ever and ever..

**Amen.**

### Scripture Reading *(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 believed 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.'

### Reflection - *Being light in the darkness*

This Sunday marks a change in the Lenten focus. We  
are no longer so absorbed by our own limitations and  
weaknesses in faith. We are more confident of God's  
kindness, forgiveness and healing without which we  
would never dare embark on this journey. We look  
forward to the Easter celebrations with joy and hope.

On our journey from temptation to transfiguration  
we are becoming, through faith in Christ, the living  
presence of God in the world, the light in the darkness.

The first reading today speaks about the re-building  
of the temple in Jerusalem – a reference back to last  
Sunday's Gospel. For the ancient Jews the re-building  
of their temple was a moment filled with hope and  
expectation.

Last Sunday Jesus promised the building of a new  
temple to house the living presence of God and to be  
the meeting place between God and us.

Our Lenten journey is rebuilding us into the living  
Body of Christ, into dwelling places for God and  
meeting places between human beings and God.  
This is clearly seen when human needs meet God's

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compassion through us. That's when God's love and light shine in the darkness of human lives.

Today's Gospel contains a number of important statements of our faith: God loved the world so much that he sent his Son, not to condemn, but to save; the Son must be lifted up (crucified and resurrected) so that all who believe might have eternal life; those who do the truth come out into the light, so that it may be plainly seen that their good deeds are done in God.

The Gospel reassures us of God's love and our salvation in Christ, and calls us to be the Light, to do the truth of God's love by being God's heart in the world.

### Prayers of Intercession

God of Light, hear our prayers and continue to draw us out of darkness.

**Lord, hear our prayer.**

May the Church grow day by day in its awareness of itself as the Body of Christ alive in the world.

**Lord, hear our prayer.**

Help us always bear witness to the depth and strength of your love.

**Lord, hear our prayer.**

For all who have died recently. Give them peaceful rest and comfort their families and friends. Give your healing to those who are sick and keep those caring for them strong in your love.

**Lord, hear our prayer.**

*Other prayers may be added*

Eternal God, hear our prayers with the same love and compassion with which you heard the prayers of your son, and grant them through that same Christ, our Lord.

**Amen.**

### Lord's Prayer

Formed by the teaching and example of Jesus, we pray:

**Our Father, who art in heaven,  
hallowed be thy name.  
Thy kingdom come.  
Thy will be done on earth  
as it is in heaven.  
Give us this day our daily bread  
and forgive us our trespasses  
as we forgive those who trespass against us.  
And lead us not into temptation,  
but deliver us from evil.**

### Closing Prayer

Lord, God,  
in your loving kindness remember your people.  
Deliver us from evil.  
May we be your light and love.  
Through Christ our Lord.  
**Amen.**

### Blessing

May the Lord bless us,  
keep us from all evil  
and lead us to life everlasting.  
**Amen.**





# Journey into the Light

This resource is presented by the Carmelites for use by individuals, families and small groups as a prayerful celebration of the Word of God to help prepare us to celebrate the Eucharist with our worshipping communities. We are conscious that Christ is present not only in the Blessed Sacrament but also in the Scriptures and in our hearts. We are also conscious of the many people who, for various reasons including sickness and infirmity, cannot physically attend the Eucharist. Even when we are on our own we remain part of the Body of Christ.

In the room you decide to use for this prayer you could have a lighted candle, a crucifix and the Bible. These symbols help keep us mindful of the sacredness of our time of prayer and can help us feel connected with our local worshipping communities.

This text is arranged with parts for a leader and for all to pray, but the leader's parts can be shared among those present.

As you use this prayer know that the Carmelites will be remembering in our prayer all the members of our family.



**The Carmelites**  
Australia & Timor-Leste  
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