

**Lenten Reflection for the 5<sup>th</sup> Week of Lent  
submitted by Sr Claire Debes**

**Scripture Readings:**

Is 43: 16-21	SEE I AM MAKING SOMETHING NEW!
Ps 126: 1-6	BE FILLED WITH JOY FOR GOD HAS DONE GREAT THINGS
Phil 3: 8-14	CONTINUE TOWARD THE PRIZE GOD OFFERS YOU!
Jn 8: 1-11	GO, AND SIN NO MORE!

**Reflection:**

Lent comes to us in springtime. As our days lengthen, as winter turns into spring, as the earth spins on its axis toward the sun, we think about the ways we must turn away from sin and toward our God who invites us to turn toward him. We have arrived at the 5<sup>th</sup> Sunday of Lent.

In the Gospel reading for today, Jesus gets to the heart of turning oneself towards God. How easy it is to use the LAW to condemn someone else when we know that we are not without sin ourselves. We are all good people but Jesus invites us to examine the depths of our souls and find those sinful aspects of our selves that need to be washed in God's mercy.

- ✓ Try to put yourself in the woman's place: What were her feelings at that moment?
- ✓ Now put yourself in the place of those who were judging the woman caught in adultery? What were their feelings at that moment?

**Prayer: Loving God, as I enter into this fourth week of Lent, renew in me the desire to turn myself toward you and see with fresh eyes both the goodness and the limitations that make up who I am. You wish to make all things new and while I desire to follow you, I sometimes hold back to make myself new and fresh. Give me new insights into what I really am before you. Give me a generous and willing heart during these remaining days of Lent to deepen my relationship with you. I ask this in Jesus Name. Amen.**

**Try this today.**

Pray using these words of St. Louise: "God, I recognize that You are the author of my existence. Because of the love I owe You, I abandon myself to Your holy will in my life. Although I am filled with powerlessness and reasons for humiliation ... I trust in Your mercy." *Writings*, p. 691 I desire to go deeper into the depths of who I am and see what you are asking of me on this 4<sup>th</sup> Sunday of Lent.

Spend a few moments with the Gospel of John 8: 1-11 and choose one of the questions below to assist you in going deeper.

- What word or words in this passage caught your attention?
- What in this passage comforted you?
- What in this passage challenged you?