



Week 4:



In Sunday's Gospel we were told that "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". (John 3: 16)

How often do we feel lost? Are there times when we are afraid that we may not be included if we do not always agree with our friends or classmates? Are there times when we are not sure what choices to make?

It is easy to get lost in the dark. Everything looks different. In the darkness we look for the light to show us the way.

Jesus' is 'the Light of the World"; his teaching is the light that shows us the way. During Lent it is often difficult to keep up our Lenten resolutions it needs strength and commitment to do that.

This Lent let us pray for the courage to live by the values we believe in. By really trying to be faithful to whatever it is that we have undertaken during these weeks – either giving something up – or resolving to do something for Lent – we hope to develop strength of character which will always help us to live always in the light.

We pray: Lord, we ask you to give us the strength this Lent to genuinely think about the deeper things in our lives, to make time to grow spiritually, to develop 'an attitude of gratitude' being thankful for all the blessings we receive each day. Help us to live every day in your light, becoming more aware of the people around us, particularly the members of our families, and how we are with them in each moment. Amen.

