

## Lectio Divina

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- **Read and re-read**, out loud and slowly the Gospel
  - **Meditate** on reading as being spoken to you, an experience in your life
  - **Pray** - Thanksgiving - Repentance - Petition
  - **Action** - Attitude (Call to change / to act / to do)
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**March 15<sup>th</sup> 2015 4<sup>th</sup> Sunday of Lent - Year B - John 3: 14 - 21**

In this 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 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 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.

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.

