



## 4th SUNDAY OF LENT 10th of March - Cycle B



### TODAY I CHOOSE TO BE LIGHT



### SETTING

Everything God has done and we respond how we respond sometimes. It happens to us ourselves in life that sometimes we are paid evil for good and sometimes we also pay evil for good. What key crosses our path that obfuscates our hearts and we react badly, we answer badly, we ridicule or ignore us!

What prevents us from letting out all the good and wonderful things we have inside us?

Let your love save us, transform us, so that we learn from you that kind, appreciative look and those gestures that enhance our lives.

May your light cover us with that new human condition.

## **SONG. EVERY TINY STAR -SATVI**

<https://www.youtube.com/watch?v=E5jREDUcKgg>

## **GOSPEL. John 3, 14-21**

And as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes may have eternal life through him. For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life. For God did not send his Son into the world to judge the world, but so that the world might be saved through him. He who believes in him is not judged; but he who does not believe is already judged, because he has not believed in the Name of the only Son of God. And the judgment is that light has come into the world, and men loved darkness more than light, because their works were evil. For everyone who does evil hates the light and does not go to the light, so that his deeds may not be blamed. But he who works the truth goes to the light, so that it may be evident that his works are done according to God”.

### **To deepen the Word (*Marie-Noëlle THABUT*)**

Reading the 2nd Book of Chronicles, in today's first reading, we are surprised that a biblical text, relatively late, still speaks of God's "anger", as if God could, like us, let a bad mood get the better of us. But it is the historical context that demands this type of discourse: the danger of idolatry is still present, and can be seen. To impose faith in the only God, there is no other way than to attribute responsibility for all events: both the catastrophe of the Exile, then the return allowed by Cyrus. At this stage of theological reflection, one necessarily thinks: if he is not the Master of everything, it means that there are other gods. Later, as the Revelation will progress, it will be discovered that all our human feelings of anger and revenge are totally alien to God, the All Other, because there is only one reality in Him, Love.

Psalm 136 offers us the image of the relationship established between God and his people: It was enough for God to let them follow the bad embankments. But, from now on, the people turn to Him, and God promises a new future. God is going to do so that his people return to the

right path, God will forgive his people, and God maintains ties of love with his people.

Psalms 136 offers us the image of the relationship established between God and his people: It was enough for God to let them follow the bad embankments. But, from now on, the people turn to Him, and God promises a new future. God is going to do so that his people return to the right path, God will forgive his people, and God maintains ties of love with his people.

In today's text, Paul takes up and develops two important ideas: First, God's plan is benevolent. Paul's vocabulary is extremely repetitive; this insistence is evidently intentional: "God is rich in mercy..." "The great love with which He has loved us." Second, God's project is to gather everything in Jesus Christ. Paul uses the expressions "with him" and "in him" several times... "God makes us reborn with Christ."

Once again, John insists on faith: because we are free. That's right, when faced with God's proposal of love; our response can be welcoming (it is what John calls faith) or rejection. Let us keep in mind that the word "believe" appears five times in this story. But, at the same time that Jesus approximates the image of the serpent raised in the desert and his own elevation on the cross, Jesus manifests the formidable leap between the Old Testament and the New Testament. Jesus fulfils, true, but everything in Him takes on a new dimension. First, in the desert, only the people of the Alliance were concerned; From now on, in Jesus, it is all humanity, the entire world, who is invited to believe in order to live. And he repeats twice: "Every man who believes in him will obtain eternal life."

### **Tips for prayer**

- Why does the text insist on the importance of believing in the Son of God?
- How is your faith in Jesus Christ?
- In our Church, Community, do we approach the light or do we remain on the side of darkness?



### **AMBIENTAL MUSIC.**

**Sunrise Meditation – HANDPAN - Pelalex**

<https://youtu.be/mw4k1tCnAuE?si=OghpXJ4ZEE3yn9SV>

## LONG PAST GONE (JAMI SIEBER)

<https://youtu.be/GFMjWPRIPVw?si=LO-QnAYheLDgXUXN>

### HUMAN CONDITION

The light illuminates our heart on this path towards Easter.

I choose to be light when I walk with others and not only.

I choose to be light when my life is light and shows a way.

I choose to be light when I open my heart to infinity and left me take in its fresh air.

I choose to be light when I put my hands on your shoulders and I feel you brother and I call you friend.

I choose to be light when my eyes open and they welcome you delicately, expressing how much

that I care about you

I choose to be light when my words they talk about you, caressing the needy sunk in the mud.

I choose to be light when I find myself With you in every face and I talk patiently.

I choose to be light when I discover you like light in my life and I want to be a reflection of her.

I choose life, when I put mine at stake and I offer it, without caring about losing her.

I choose life And be being with you.

### SONG. MORE LOVE MORE POWER – SFCH Worship

<https://www.youtube.com/watch?v=mNEveATb6JU>



Sisters of Charity of St. Anne  
C/ Madre Ráfols, 13 - 50.004 - ZARAGOZA (Spain)

[www.chcsa.org](http://www.chcsa.org)

**Cuidando**  
Protegiendo

