



## Fourth Sunday of Lent: Jesus Heals

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**THE GRACE I SEEK:** to believe that Jesus longs to bring me healing and strength

**IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.**

*Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.*

*Thank Jesus for the gift of himself in the Eucharist.*

**ASK FOR THE GRACE:** Jesus, help me to believe you are longing to transform my life with your healing.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

**“Not as man sees does God see, because man sees the appearance, but the LORD looks into the heart.’ [...] Then Samuel, with the horn of oil in hand, anointed David in the presence of his brothers; and from that day on, the spirit of the LORD rushed upon David.” (1 Samuel 16:7b, 13a)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Knowing that Jesus sees into the recesses of the heart, where in your heart is Christ’s healing needed the most? Is there a place in your heart where you have never allowed the Lord to go? Ask Jesus for the grace to allow his spirit to “rush” upon that place to heal any wounds or sickness hidden there.

**SCRIPTURE MEDITATION** — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

**“They brought the one who was once blind to the Pharisees. [...] So then the Pharisees also asked him how he was able to see. He said to them, ‘He put clay on my eyes, and I washed, and now I can see.’” (John 9:13, 15)**

**REFLECTION QUESTION** — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

Jesus, the Good Physician, knows our weaknesses of body, heart, and mind. He longs to heal us in ways we cannot imagine. Gazing upon the Eucharist, ask Jesus to help you “see” his providential care. Ask for the eyes to recognize his healing presence in your life, and thank him for this healing.

*Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.*

**CLOSING PRAYER** — O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Fourth Sunday of Lent)

**SUNDAY MASS CONNECTION** — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your desire for spiritual healing.