



FIFTH SUNDAY OF LENT  
MARCH 29, 2020

WITH THE  
*Lord*

THERE IS  
*Mercy*  
AND FULLNESS OF  
*Redemption*

PSALM 130



## Weekly Scripture

### Sunday, March 29

*Fifth Sunday of Lent*

Ez 37:12-14

Ps 130:1-2, 3-4, 5-6, 7-8

Rom 8:8-11

Jn 11:1-45 or 11:3-7, 17, 20-27, 33b-45

### Monday, March 30

*Lenten Weekday*

Dn 13:1-9, 15-17, 19-30, 33-62

or 13:41c-62

Ps 23:1-3a, 3b-4, 5, 6

Jn 8:1-11

### Tuesday, March 31

*Lenten Weekday*

Nm 21:4-9

Ps 102:2-3, 16-18, 19-21

Jn 8:21-30

### Wednesday, April 1

*Lenten Weekday*

Dn 3:14-20, 91-92, 95

Dn 3:52, 53, 54, 55, 56

Jn 8:31-42

### Thursday, April 2

*Lenten Weekday*

*Saint Francis of Paola, Hermit*

Gn 17:3-9

Ps 105:4-5, 6-7, 8-9

Jn 8:51-59

### First Friday, April 3

*Lenten Weekday*

Jer 20:10-13

Ps 18:2-3a, 3bc-4, 5-6, 7

Jn 10:31-42

### First Saturday, April 4

*Lenten Weekday*

*Saint Isidore, Bishop and Doctor of the Church*

Ez 37:21-28

Jer 31:10, 11-12abcd, 13

Jn 11:45-56

## Life in Christ

*Gospel Reflection based on John 11:1-45*

I am the resurrection and the life, says the Lord. An innocent man mounts the steps to the guillotine. He hasn't led the best of lives. He has seen in himself nothing worthy of honor. But he has exchanged places in prison with the young husband of the woman he loves. He had promised to do anything to protect her and hers. He has saved the man at the cost of his own life.

You may recognize the scene from Charles Dickens' *A Tale of Two Cities*. As Sydney Carton goes to meet his death, the words of Jesus echo in his mind, what Jesus said to Martha, grieving over the death of her brother Lazarus: *I am the resurrection and the life*.

When my father died, I wasn't overcome by grief. That came later. I thought about the promise of Jesus to Mary and Martha. My father, even though he should die, would live. It wasn't just Jesus that would give him life, but that Jesus *was* life. It wasn't just that Jesus would raise him up as he raised Lazarus, only to die once more, but that Jesus *was* the Resurrection. If you are in Jesus, you are in the Resurrection and the Life. It's what Sydney Carton learned at last, and what all Christians, even in the deepest sorrow, must remember.

Esolen, A. (2020). "Life in Christ" in S. White, O.P. (Ed.), *Magnificat® Lenten Companion Lent 2020*, New York: Magnificat® Inc.



## Daily Mass Online

[www.ewtn.com](http://www.ewtn.com)

*Holy Mass from the EWTN Chapel*

[www.vaticannews.va/en/pope-francis/mass-casa-santa-marta.page-list.html](http://www.vaticannews.va/en/pope-francis/mass-casa-santa-marta.page-list.html)

*Holy Mass with Pope Francis from Casa Santa Marta*

## An Act of Spiritual Communion

*When we cannot receive Holy Eucharist in person*

My Jesus, I believe that You are present in the Most Holy Sacrament. I love You above all things, and I desire to receive You into my soul. Since I cannot at this moment receive You sacramentally, come at least spiritually into my heart. I embrace You as if You were already there and unite myself wholly to You. Never permit me to be separated from You. Amen.

## A Litany of Trust

*The Litany of Trust is a prayer composed by Sr. Faustina Maria Pia, SV. This prayer asks Jesus to deliver us from the things that hold us bound and to help us trust in His promises.*

From the belief that I  
have to earn Your love  
**Deliver me, Jesus.**

From the fear that I am unlovable  
**Deliver me, Jesus.**

From the false security  
that I have what it takes  
**Deliver me, Jesus.**

From the fear that trusting You  
will leave me more destitute  
**Deliver me, Jesus.**

From all suspicion of  
Your words and promises  
**Deliver me, Jesus.**

From the rebellion against  
childlike dependency on You  
**Deliver me, Jesus.**

From refusals and reluctances  
in accepting Your will  
**Deliver me, Jesus.**

From anxiety about the future  
**Deliver me, Jesus.**

From resentment or excessive  
preoccupation with the past  
**Deliver me, Jesus.**

From restless self-seeking  
in the present moment  
**Deliver me, Jesus.**

From disbelief in Your love and  
presence  
**Deliver me, Jesus.**

From the fear of being asked  
to give more than I have  
**Deliver me, Jesus.**

From the belief that my life  
has no meaning or worth  
**Deliver me, Jesus.**

From the fear of what love demands  
**Deliver me, Jesus.**

From discouragement  
**Deliver me, Jesus.**

That You are continually holding  
me, sustaining me, loving me  
**Jesus, I trust in You.**

That Your love goes deeper than my  
sins and failings and transforms me  
**Jesus, I trust in You.**

That not knowing what tomorrow  
brings is an invitation to lean on You  
**Jesus, I trust in You.**

That You are with me in my suffering  
**Jesus, I trust in You.**

That my suffering, united to Your own,  
will bear fruit in this life and the next  
**Jesus, I trust in You.**

That You will not leave me orphan,  
that You are present in Your Church  
**Jesus, I trust in You.**

That Your plan is better  
than anything else  
**Jesus, I trust in You.**

That You always hear me and in  
Your goodness always respond to me  
**Jesus, I trust in You.**

That You give me the grace to accept  
forgiveness and to forgive others  
**Jesus, I trust in You.**

That You give me all the strength  
I need for what is asked  
**Jesus, I trust in You.**

That my life is a gift  
**Jesus, I trust in You.**

That You will teach me to trust You  
**Jesus, I trust in You.**

That You are my Lord and my God  
**Jesus, I trust in You.**

That I am Your beloved one  
**Jesus, I trust in You.**

Written by The Sisters of Life  
[www.sistersofli.e.org](http://www.sistersofli.e.org)



## Prayer to the Most Sacred Heart of Jesus

O most holy Heart of Jesus, fountain of every blessing, I adore you, I love You, and with a lively sorrow for my sins, I offer You this poor heart of mine. Make me humble, patient, pure and wholly obedient to Your Will. Grant, good Jesus, that I may live in You and for You. Protect me in the midst of danger; comfort me in my afflictions; give me health of body, assistance in my temporal needs, Your blessings on all that I do, and the grace of a holy death. Amen.

[www.welcomehisheart.com](http://www.welcomehisheart.com)



Let nothing disturb you. Let nothing make you afraid. All things are passing. God alone never changes. Patience gains all things. If you have God, you will want for nothing. God alone suffices  
*St. Teresa of Avila*





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