



Preparing for the Mass of Sunday 19<sup>th</sup> March 2023 - The Fourth Sunday in Lent

**1** Relax & Remember

Set aside 10 -15 minutes and create a suitable environment by removing any distractions. Make sure that you are comfortable. Perhaps light a candle. Make the sign of the cross † and remain still for a minute of settling silence. **Call to mind the love that God has for you. Remember that through this scripture our Lord is truly present.** Then read the Gospel, preferably aloud and slowly, and pay attention to any words that stand out. If any do, meditate on them for a few minutes and be invited into a dialogue with God.



**2** Read

**Taken from the Gospel for Sunday 19<sup>th</sup> March 2023 - The Cure of the Man born Blind (John 9:1.6-9.13-17.34-38)**

As Jesus went along, he saw a man who had been blind from birth. He spat on the ground, made a paste with the spittle, put this over the eyes of the blind man and said to him, 'Go and wash in the Pool of Siloam' (a name that means 'sent'). So the blind man went off and washed himself, and came away with his sight restored. His neighbours and people who earlier had seen him begging said, 'Isn't this the man who used to sit and beg?' Some said, 'Yes, it is the same one.' Others said, 'No, he only looks like him.' The man himself said, 'I am the man.' They brought the man who had been blind to the Pharisees. It had been a sabbath day when Jesus made the paste and opened the man's eyes, so when the Pharisees asked him how he had come to see he said, 'He put a paste on my eyes, and I washed, and I can see.' Then some of the Pharisees said, 'This man cannot be from God; he does not keep the sabbath.' Others said, 'How could a sinner produce signs like this?' And there was disagreement among them. So they spoke to the blind man again, 'What have you to say about him yourself, now that he has opened your eyes?' 'He is a prophet,' replied the man. 'Are you trying to teach us,' they replied, 'and you a sinner through and through, since you were born!' And they drove him away. Jesus heard they had driven him away, and when he found him he said to him, 'Do you believe in the Son of Man?' 'Sir,' the man replied, 'tell me who he is so that I may believe in him.' Jesus said, 'You are looking at him; he is speaking to you.' The man said, 'Lord, I believe', and worshipped him.

**3** Reflect

**After spending a few minutes considering this Gospel, continue by reading Fr Henry Wansbrough's reflection.**

*The second of the three great Johannine readings about water, light and life (which point to the baptisms of Easter) gives us the splendid account of Jesus bringing light to the blind man in the Temple. It is full of Johannine contrasts and irony. The 'Jews' or the Pharisees think they have the light and knowledge, but the more they abuse the man born blind, the clearer their own darkness and ignorance become. The more they try to thrust the blind man away from Jesus, the more they push him into seeking refuge in him. Much of the colouring of the scene comes from the controversies towards the end of the first century, when the Pharisees were the only branch of Judaism to survive after the destruction of Jerusalem by the Romans. The New Testament shows that there was bitter opposition between those Jews who accepted the divine claims for Jesus, and those who rejected them. This is especially clear in the fear of the blind man's parents (recounted in the longer version of Sunday's Gospel) that they would be excluded from the synagogue if they accepted that Jesus' grant of sight was a sign of his divine mission. The doughty and pugnacious man born blind has no such hesitation!*

**What does it mean that Jesus is the light of the world? How can you bring this light of Jesus to other people?**

**Dom Henry Wansbrough OSB**



**4** Respond & Request

Now slowly and prayerfully read the Gospel once again but this time in silence. Consider how this Gospel could apply to your life in general. Then thank God for any insight you may have received. Conclude by asking God to bless you with one of the following spiritual gifts to help you act on any resolution you have made: love, understanding, wisdom, faithfulness, peace, self control, patience, or joy. Please remember to pray for the Church and particularly our school families. **Then conclude by requesting the prayers of Our Lady & St Joseph.**



**The Wednesday Word is under the patronage of St Joseph, Patron Saint of Families and Protector of the Church  
Within the tradition of the Catholic Church, each Wednesday is dedicated to St Joseph**

# WEDNESDAY WORD PLUS †

Fr Henry's reflections on the first and second readings of Sunday 19<sup>th</sup> March 2023



## First Reading: *David Anointed King*

### 1 Samuel 16:1.6-7.10-13

The Lord said to Samuel, 'Fill your horn with oil and go. I am sending you to Jesse of Bethlehem, for I have chosen myself a king among his sons.' When Samuel arrived, he caught sight of Eliab and thought, 'Surely the Lord's anointed one stands there before him,' but the Lord said to Samuel, 'Take no notice of his appearance or his height for I have rejected him; God does not see as man sees; man looks at appearances but the Lord looks at the heart.' Jesse presented his seven sons to Samuel, but Samuel said to Jesse, 'The Lord has not chosen these.' He then asked Jesse, 'Are these all the sons you have?' He answered, 'There is still one left, the youngest; he is out looking after the sheep.' Then Samuel said to Jesse, 'Send for him; we will not sit down to eat until he comes.' Jesse had him sent for, a boy of fresh complexion, with fine eyes and pleasant bearing. The Lord said, 'Come, anoint him, for this is the one.' At this, Samuel took the horn of oil and anointed him where he stood with his brothers; and the spirit of the Lord seized on David and stayed with him from that day on.

*The Church chooses Old Testament readings during Lent which prepare us for the coming of Christ. The fourth Sunday brings us to the story of David, with whom the promises of a messianic king originate. As founder of the messianic kingly dynasty, David is the figure of the reality which will be fulfilled by Jesus. Here we have one of the three biblical versions of the discovery of the future king (the others being the story of the young musician at Saul's court and the story of the young warrior slaying the giant Goliath). Here the lesson is that God does not choose as human beings do, though David is obviously an attractive young lad. He would turn out to be a leader of charisma, who could twist anyone round his little finger. God also chose Cain's younger brother Abel, and the youngest of Jacob's twelve sons, Joseph. We constantly have difficulty in accepting that our achievements contribute nothing to God and do not earn his favour. The story of David's dealings with Bathsheba and Uriah her husband, which tells of his capability of adultery and murder, show that he learnt the hard way that we can rely only on God's merciful forgiveness.*

*Why is David the model of the messianic king?*

## Second Reading: *Rise from the Dead and Christ will Shine on You*

### Ephesians 5:8-14

You were darkness once, but now you are light in the Lord; be like children of light, for the effects of the light are seen in complete goodness and right living and truth. Try to discover what the Lord wants of you, having nothing to do with the futile works of darkness but exposing them by contrast. The things which are done in secret are things that people are ashamed even to speak of; but anything exposed by the light will be illuminated and anything illuminated turns into light. That is why it is said, 'Wake up from your sleep, rise from the dead, and Christ will shine on you'.

*This reading is obviously chosen to prepare for the gospel reading, in which Jesus brings sight to the blind man. Light is one of the archetypal symbols of hope and encouragement. Without light we are crippled until, as the psalmist says, with the dawn man goes forth to his work and activities. In the Old Testament God is light who lives 'in inaccessible light'. In the New Testament this attribute of God is transferred to Jesus, for Jesus proclaims that he is the light of the world. In the final book of the Bible, the Book of Revelation, victorious from the conquest over evil, God and the 'Lamb once slain' together constitute the light of the new city of God, so that neither sun nor moon is required. The reading ends with a positive little couplet, possibly an early Christian hymn adopted into the reading, about Christ as the light who by his resurrection bursts through the deepest darkness of all, the darkness of death. Even in the darkness of Lent, preoccupied with the coming Passion of the Lord, we look forward to his liberation and ours in the glory of the resurrection at Easter.*

*Is Jesus truly the light of the world for me?*

“We look forward to his liberation and ours in the glory of the resurrection at Easter.”

The Wednesday Word: *Connecting Home, School & Parish through the Word of God*

w: [www.wednesdayword.org](http://www.wednesdayword.org)

e: [info@wednesdayword.org](mailto:info@wednesdayword.org)