



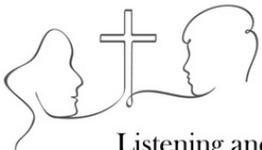
FOURTH  
SUNDAY

*Pastoral kit*

LENT

*March 15th*

2026



Listening and Fasting  
LENT AS A TIME OF CONVERSION

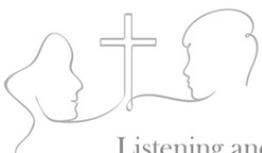
## POINTS FOR REFLECTION FOR THE CELEBRATION OF HOLY MASS

### Introduction

Brothers and sisters, on this *Laetare* Sunday, the Lenten journey offers us a ray of light. The key word is *joy*. Like the man born blind, we are invited to let ourselves be touched by Christ in order to pass from the darkness of unbelief to the light of faith. We are not here to judge those who have sinned, but to allow God's works to manifest themselves in us, through authentic listening and fasting that frees us from prejudice.

### Suggested songs

- Christ be our Light
- Jerusalem, My Destiny
- Take up Thy Cross
- Tree of Life
- Love Divine all Loves Excelling
- We Walk by Faith

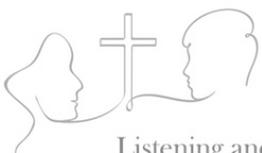


## Prayer of the Faithful

1. **For the Church:** That, guided by the Spirit, she may know how to look at every person with the eyes of God, who does not judge based on appearances but reads the heart. We pray to the Lord.
2. **For the persecuted and oppressed:** That the light of Christ may shine in the darkness of war and injustice, and that those in power may have the courage to work for peace. We pray to the Lord.
3. **For those who live in existential 'darkness':** For young people who suffer from loneliness or depression; that they may find credible witnesses and a helping hand in our community to lift them up; and that they may see the beauty of life again. We pray to the Lord.
4. **For us gathered here:** That this time of grace may help us to fast from pessimism and discontent, filling us with hope and kindness towards our neighbours. We pray to the Lord.
5. **For catechumens:** That in receiving the light of Christ, they may discover the joy of new life and become courageous witnesses to the Gospel in the midst of the world. We pray to the Lord.

### PRAYER ON THE THEME OF THE DAY

Lord Jesus, You are the Light of the world, draw near to our lives as they are. When weariness weighs heavily upon us and meaning seems to fade, remind us that we are not alone and that your new life continues to be reborn. Enter into our blindness and teach us to look with hope beyond every obstacle.



IDEAS FOR THE HOMILY

## Pastoral approach

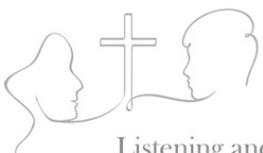
Today's Gospel presents us with a paradox: a man who has never before seen begins to see, while many who consider themselves enlightened remain prisoners of their blindness.

Faced with the man born blind, their first reaction is not compassion, but the question: "Who sinned?" It is a question we know well. When we encounter pain, we often seek a quick explanation even before we acknowledge the reality of the situation. Jesus rejects this way of looking at things. He does not seek blame, he does not analyse the past, he does not pass judgement. He performs a simple, humble, almost uncomfortable gesture: he bends down, mixes mud, and touches the man's eyes. It is as if he were saying: suffering should not be explained, it should be lived. People should not be judged, they should be encountered.

Lent asks us for precisely this change of perspective. It invites us to a demanding fast: fasting from judgement, from labels, from words that hurt. Lent teaches us to look at others in a way that knows how to wait, how to accompany, and how to respect their timing.

The blind man does not see everything immediately. He is on a journey. He responds with simplicity, remains faithful to his experience, and grows in truth. Those who are convinced they can see, on the other hand, close themselves off more and more. This is precisely where Christian joy is born: when we stop explaining the darkness of others and allow God to illuminate it with his presence.

Today, let us ask for the grace of new eyes, capable of recognising God's work even where everything seems fragile. Because truly seeing does not mean having all the answers, but allowing ourselves to be transformed by the light that comes from Christ.



IDEAS FOR THE HOMILY



## Biblical approach

The story of the man born blind is not only a miracle, but a true journey of faith. It is the passage from blindness to light, from marginality to communion, from fear to confession of faith.

At first, the blind man does not know Jesus. He receives a gesture and a word from Him: "Go and wash." He obeys without understanding everything. And it is precisely in obedience that his healing begins.

In the Gospel, light never comes all at once. It grows step by step, as trust deepens.

Around this healed man, however, resistance arises. The Pharisees see the sign, but they do not accept that God acts outside their schemes. Their certainty becomes blindness.

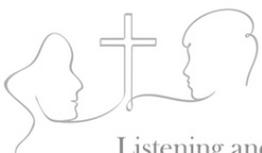
The symbol of mud is decisive: God chooses what is poor and fragile. Light is born from the encounter between grace and our humanity.

When Jesus finds the healed man and asks him - "Do you believe in the Son of Man?" - he is not questioning him to test him, but to bring him to the fullness of faith.

True blindness is not a lack of seeing, but refusing to trust. True light is not understanding everything, but recognising the One who has opened our eyes.

During this Lent, the Church invites us to walk towards Easter as children of light, accepting that God illuminates our lives even through what is fragile and imperfect.

Because faith is not a possession, but a relationship. And the light that saves is always a gift to be welcomed.



## RESOURCES FOR CHILDREN

### Reflection

Jesus does something strange: he puts some mud on the eyes of a blind man and allows him to see again! The mud is like our sadness or our worries that prevent us from seeing the good. Jesus, with his love, cleans our eyes so that we can see how beautiful the world is and how much others love us.

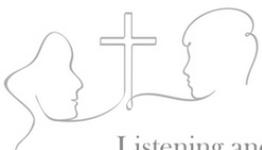
### Activities

- **The Sign of the Candle:** Light a candle in the prayer corner to remember that Jesus is our light.
- **'New eyes' Drawing:** Draw a pair of coloured glasses and, inside the lenses, write or draw something beautiful that we have 'seen' or discovered in a friend during the week.

## RESOURCES FOR YOUNG PEOPLE

### Reflection

We are bombarded with 'perfect' images on social media, but we are often blind to reality. We are exposed to so much information, but we don't always stop to understand it. Lent challenges us to open our eyes and then bring light where there is darkness. Are you willing to let yourself be 'dirty' by the mud of Jesus in order to truly see who you are and to see the reality around you more clearly?



## Activities

- **Digital Detox for Light:** Spend 15 minutes in silence without your smartphone to "dig" beneath the surface and find the truth of God within us.
- **Test:** Discuss in a group how each person uses social media, what we show of ourselves, and how we react to what others post.



## MATERIAL FOR ADULTS

### Reflection

The risk for the 'sighted' is to believe that we do not need anything or anyone. Sometimes we even adapt to a mediocre life without deep meaning. We are called to let the pain of others touch us and transform our indifference into luminous action.

### Activity

- **The Encounter of Faces:** During this week, try to "stop" in front of a person you usually pass by with indifference (a neighbour, the supermarket cashier, a quiet colleague). Try to look them in the eye and, if possible, exchange a word that is not just a passing formality. The goal is to move from "seeing" people based on the work they do or the service they offer to "recognising" the face of Christ in them, transforming the blindness of habit into the light of welcome.
- **Life Review:** Identifying with the blind man, ask yourselves in pairs or in groups: *What are the 'closed' or dead-end situations that I must entrust to Jesus today so that they may be touched by Christ's light? What are the realities (in my life or in the world) in which I have 'lost hope'?*

