

Lent 2019

Prayer Journey

5th Sunday



5th Sunday of Lent

The Woman Caught in Adultery

“You may go now but do not sin again.”

GATHER

Make the sign of the cross

Pray

Jesus, my helper, help me forgive those who hurt me.

May I love as you did.

Amen

WORD - LISTEN

Read or listen to the reading from the Gospel of Saint John (8:2-11)

When people bring a woman who has sinned to Jesus, Jesus's words and actions reflect God's mercy and forgiveness.

RESPOND

Find a stone (or something heavy) and hold it in your hand. What does it feel like?

Think about one way in which you have hurt someone or one thing you have done wrong. How did it make you feel?

Imagine if you picked up a stone every time you hurt someone or did something wrong and never put them down. You would need a huge bag to carry them in!

Asking for God's forgiveness means putting down the stone of your sin. It frees you up to live without the weight of that wrong weighing you down.

If you are ready, say sorry to God and ask for forgiveness. As we have seen, God is full of mercy and is always ready to forgive you.

Pray

Jesus, I love you. I want to walk in your way.

I am sorry for my sins. Please forgive me.

Amen

Extra

Create a Lenten focal point or prayer space using stones to represent our mistakes and failings.

MISSION

Use our Sorry Strings prayer Station in school.

If you have made your First Holy Communion, go to the Sacrament of Reconciliation (confession) this Lent.