



ARCHDIOCESE OF SEATTLE

At Home with Faith

Though Lent is a penitential time, moments like Laetare Sunday can also be joyful. Through our disciplines of prayer, fasting, and almsgiving, God opens our eyes to the actions of Jesus in our lives.



Photo: Adobe Stock

When we hear the unfolding drama of the man born blind, it's hard not to be surprised and disappointed by the response of the Pharisees. Rather than realizing the good thing that Jesus did, they respond with eyes, hearts, and minds closed to the kingdom of God unfolding before them.

God's work is always greater than our imagination. That is why we continually need to ask Jesus to open our eyes, hearts, and minds to him, the Word of God. The practices of Lent help us do this.

On this Laetare Sunday, let's pause and rejoice. Though a penitential time, Lent can also be joyful as, through our practices of prayer, fasting and almsgiving, God opens our eyes to his work.

Read

Take time to read and reflect on the Scriptures for this day.

Don't have access to a Bible?

Visit www.usccb.org/bible/readings or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

1 Samuel 16:1, 6-7, 1-13

God calls Samuel to anoint David, the youngest brother.

Psalms 23

The Lord guides us in straight paths.

Ephesians 5:8-14

Live as children of the light.

John 9:1-41

Jesus heals the man born blind; some do not believe, but others do.

At Home with Faith

Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

In Jesus' encounter with the man born blind, Jesus heals his blindness and changes his life forever. The man now sees on both a physical and spiritual level.

From time to time, God does this for us in small ways. He opens our eyes to a deeper reality, or he helps us to see that we were on the wrong path.

Take some time to reflect on an experience when God helped you see things in a way you could not before. Perhaps God helped you overcome a lack of faith. Or maybe your heart was burdened by a resentment, and God removed that burden by helping you to forgive.

Then, share this experience with your family. Let them know how God restored your powers of perception so that they may become more prepared to let him do that for them as well.

Visit us online for more prayer resources and weekly Lenten reflections:

<https://archseattle.org/lent/>



Photo: Adobe Stock

March 19 is the Feast of St. Joseph. Check out this video to learn more about St. Joseph:



**Who is St. Joseph?
MEET THE SAINTS**

<https://youtu.be/GEVikiTv1fA>

Have you ever wondered what Laetare Sunday is or why priests wear rose on Laetare Sunday or why it is important? Watch this 2-minute video to learn more.



**What is Laetare Sunday?
3 Things to Know**

<https://youtu.be/4f2OcZld6Go>

For more resources, visit us online at:

<https://www.athomewithfaith.org>