



LENT Faith Conversations

Week of March 14-20

[Sunday Readings:](#) 2 Chronicles 36:14-23, Psalm 137, Ephesians 2: 4-10, John 3: 14-21

ADULT REFLECTION

God loves. First and foremost, Catholic faith is not about us but about *God*...and God loves. Us! Each of us! Loving is so proper to God that Scripture says God *IS* Love. He created *us* for love and invites us into this divine love, free to participate or to reject it. There are real consequences for choosing to live outside his love, not vindictive punishments, but rather natural results of a disrupted order. Outside his love, we end up hurting ourselves and others.

In this week's readings, we find God reaching out in love. God sends messengers to rescue the Israelites from their wicked ways. They laugh off the messengers, and end up defeated and exiled. The Gospel tells "For God so loved the world that he gave his only Son, so that everyone who believes in him might not perish but might have eternal life." We've all seen the consequences of choosing the darkness outside of God's light and love. Lent is a time to walk toward the light, to open to Love and reciprocate.

We suffer consequences of a disrupted order, sometimes deservedly and sometimes not. *Like the Israelites, have you experienced a time of exile in your life, alone and defeated? Did God send messengers? What brought your return to light and love?*

First and foremost, our Catholic faith is not about us but about *God*. *Is this perceived in your own practice of faith?*

God loves... you... unconditionally. *What does this make you feel? Does it offer you hope and gratitude? Are there dark areas in your life? Can you invite Jesus to bring his light in and let his unconditional love heal those parts of yourself?*

FAMILY CONVERSATION & PRAYER STARTERS

How would we define love? Are there different kinds of love? What kind of love do we have for each other in our family? What kind of love does God have for us? How do we know?

Are there actions we take that show acceptance of God's love? What about actions that say "no" to God's love? What kind of love do we have for God? How do we show it?

Why does Scripture describe Jesus as "light" for the world? How can we be light to the world?

PRAYER

Gracious God, we believe in your love for us. We thank and praise you for giving your only Son, Jesus, that we might have fullness of life: knowing your love and loving you in return. Help us share this love with others and so be light to the world. Amen.

FASTING

Choose one corner of darkness in your life to surrender to Christ's light this week: a grudge, a negative thought pattern, an unhealthy dependence, a fear, an exaggerated self-reliance, etc.

ALMSGIVING

There are *exiles* in our communities – refugees, the homeless, those misplaced from their families due to violence, etc. Seek out a local institution serving these people & contribute to their work in some way this week. Or at least, learn more about it as a family.