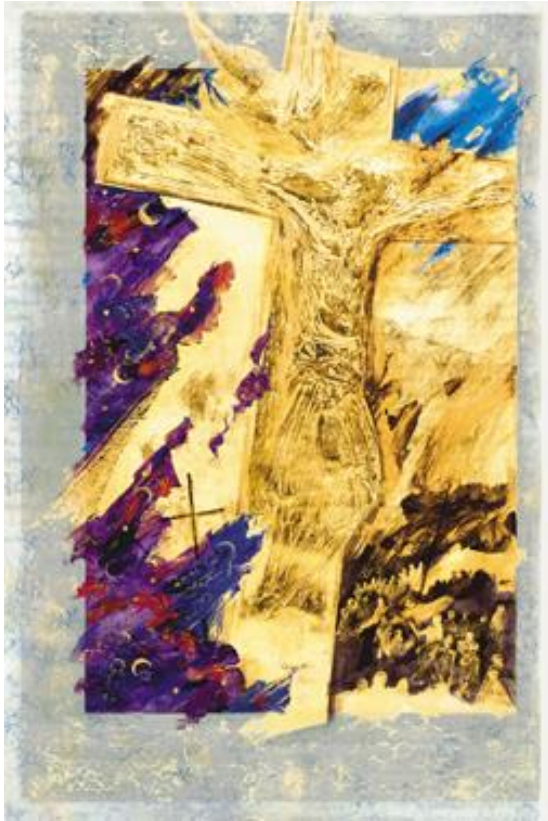


Lenten Reflections

April 4, 2019



In today's *Verse Before The Gospel*, we are told "God so loved the world that he gave his only-begotten Son, so that everyone who believes in him might have eternal life." Our Lord made sacrifices for us and did so without hesitation knowing the pain and cruelty that was going to be inflicted upon him. Lent offers us time to contemplate Christ's sufferings, prepare for Holy Week and the death and resurrection of our Lord Jesus Christ.

Lent is a time of reflection, an opportunity to do and be better, to make changes from within ourselves. Lent offers us the ability to become closer to God and spend time strengthening our relationship with him and our religious identity. What can I do during these 40 days? How can I make these 40 days meaningful? What can I offer up to God to help me become closer to him? He calls to us, he redeems us, and he watches over us.

Whether through a personal sacrifice, a daily mass, a biblical reading, or a daily Lenten reflection make your Lenten Season count! It will be all the more meaningful come Easter Sunday when we truly rejoice in the resurrection of the Lord.

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Thursday of the Fourth Week of Lent
Lectionary: 247

Reading 1 [Ex 32:7-14](#)

The LORD said to Moses,
"Go down at once to your people
whom you brought out of the land of Egypt,
for they have become depraved.
They have soon turned aside from the way I pointed out to them,
making for themselves a molten calf and worshipping it,
sacrificing to it and crying out,
'This is your God, O Israel,
who brought you out of the land of Egypt!'
The LORD said to Moses,
"I see how stiff-necked this people is.
Let me alone, then,
that my wrath may blaze up against them to consume them.
Then I will make of you a great nation."

But Moses implored the LORD, his God, saying,
"Why, O LORD, should your wrath blaze up against your own people,
whom you brought out of the land of Egypt
with such great power and with so strong a hand?
Why should the Egyptians say,
'With evil intent he brought them out,
that he might kill them in the mountains
and exterminate them from the face of the earth'?
Let your blazing wrath die down;
relent in punishing your people.
Remember your servants Abraham, Isaac and Israel,
and how you swore to them by your own self, saying,
'I will make your descendants as numerous as the stars in the sky;
and all this land that I promised,
I will give your descendants as their perpetual heritage.'"
So the LORD relented in the punishment
he had threatened to inflict on his people.

Responsorial Psalm [Ps 106:19-20, 21-22, 23](#)

R. (4a) **Remember us, O Lord, as you favor your people.**

Our fathers made a calf in Horeb
and adored a molten image;
They exchanged their glory
for the image of a grass-eating bullock.

R. **Remember us, O Lord, as you favor your people.**

They forgot the God who had saved them,

who had done great deeds in Egypt,
Wondrous deeds in the land of Ham,
terrible things at the Red Sea.

R. Remember us, O Lord, as you favor your people.

Then he spoke of exterminating them,
but Moses, his chosen one,
Withstood him in the breach
to turn back his destructive wrath.

R. Remember us, O Lord, as you favor your people.

Verse Before the Gospel [Jn 3:16](#)

God so loved the world that he gave his only-begotten Son,
so that everyone who believes in him might have eternal life.

Gospel [Jn 5:31-47](#)

Jesus said to the Jews:

"If I testify on my own behalf, my testimony is not true.
But there is another who testifies on my behalf,
and I know that the testimony he gives on my behalf is true.
You sent emissaries to John, and he testified to the truth.
I do not accept human testimony,
but I say this so that you may be saved.
He was a burning and shining lamp,
and for a while you were content to rejoice in his light.
But I have testimony greater than John's.
The works that the Father gave me to accomplish,
these works that I perform testify on my behalf
that the Father has sent me.
Moreover, the Father who sent me has testified on my behalf.
But you have never heard his voice nor seen his form,
and you do not have his word remaining in you,
because you do not believe in the one whom he has sent.
You search the Scriptures,
because you think you have eternal life through them;
even they testify on my behalf.
But you do not want to come to me to have life.

"I do not accept human praise;
moreover, I know that you do not have the love of God in you.
I came in the name of my Father,
but you do not accept me;
yet if another comes in his own name,
you will accept him.
How can you believe, when you accept praise from one another
and do not seek the praise that comes from the only God?
Do not think that I will accuse you before the Father:

the one who will accuse you is Moses,
in whom you have placed your hope.
For if you had believed Moses,
you would have believed me,
because he wrote about me.
But if you do not believe his writings,
how will you believe my words?"