

The mystery of faith:

**Save us, Saviour of the world,
for by your Cross and Resurrection
you have set us free.**

Communion Antiphon

Psalm 121:3-4

Jerusalem is built as a city bonded as one together. It is there that the tribes go up, the tribes of the Lord, to praise the name of the Lord.

REFLECTION

In Christ there is no trace of darkness.

His light shows up the darkness in us ... his truth shows up our lies.

His integrity shows up our falseness ... his peace shows up our conflicts.

His generosity shows up our selfishness.

His openness to others shows how closed we are.

However, we should not be afraid of his light. Rather, we should rejoice in it. Compared to his light other lights are mere flares in the night or candles in the wind. Christ, Light of the world, guide our steps in the way of truth, and lead us through the gloom of this world to the kingdom of unfailing light.

Prayer after Communion:

O God, who enlighten everyone who comes into this world, illuminate our hearts, we pray, with the splendour of your grace, that we may always ponder what is worthy and pleasing to your majesty and love you in all sincerity. Through Christ our Lord. **Amen.**

Final Blessing

The Lord be with You

And with your spirit.

May almighty God bless you,

the Father, the Son and the Holy Spirit.

Amen.

Go in peace, glorifying the Lord by your life.

Thanks be to God.

God of remembering, I am sorry for the many times I have refused to remember the good and to remember my brokenness and that of others. I know that these failings are times when I have forgotten you and all that you have done in, with, and through me. I have not recalled my giftedness nor helped my brothers and sisters to realize theirs. I ask forgiveness. I ask that I might see beneath the surface of your creation and discover the goodness that awaits discovery and sharing. With the help of your Son and Spirit, I know your vision will become mine. Amen.

Merciful God, we pray for those who walk through life with a sense of guilt, burdened by past mistakes, overwhelmed by a sense of failure, troubled by feelings of shame, depressed by the knowledge of their own weaknesses. Help them to understand that in you they can find true forgiveness and a new beginning.

We pray for those who have been wronged by others, hurt, deceived, betrayed, let down. Help them to be ready to forgive others as you have forgiven us. In your mercy hear us, Lord.

Fourth Sunday in Lent B

Entrance Antiphon: Rejoice, Jerusalem, and all who love her. Be joyful, all who were in mourning; exult and be satisfied at her consoling breast. Is 66:10-11

The world often chooses to live in the darkness of sin and injustice. Jesus came to give us truth and light, and to share God's life with us. God loves us so much that he gave his only Son to save us; let us turn to him and ask forgiveness for the times we refused that love.

Lord Jesus, you came to give us light and life. Lord, have mercy.

Christ Jesus, you came to save the world. Christ, have mercy.

Lord Jesus, you raise us up and bring us to heaven. Lord, have mercy.



Let us pray:

O God, who through your Word reconcile the human race to yourself in a wonderful way, grant, we pray, that with prompt devotion and eager faith the Christian people may hasten toward the solemn celebrations to come. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, one God, for ever and ever. **Amen.**

FIRST READING

A reading from the book of Chronicles

2 Chronicles 36:14-16.19-23

All the heads of the priesthood, and the people too, added infidelity to infidelity, copying all the shameful practices of the nations and defiling the Temple that the Lord had consecrated for himself in Jerusalem. The Lord, the God of their ancestors tirelessly sent them messenger after messenger, since he wished to spare his people and his house. But they ridiculed the messengers of God, they despised his words, they laughed at his prophets, until at last the wrath of the Lord rose so high against his people that there was no further remedy.

Their enemies burned down the Temple of God, demolished the walls of Jerusalem, set fire to all its palaces and destroyed everything of value in it. The survivors were deported by Nebuchadnezzar to Babylon; they were to serve him and his sons until the kingdom of Persia came to power. This is how the word of the Lord was fulfilled that he spoke through Jeremiah: 'Until this land has enjoyed its Sabbath rest, until seventy years have gone by, it will keep Sabbath throughout the days of its desolation.'

And in the first year of Cyrus king of Persia, to fulfil the word of the Lord that was spoken through Jeremiah, the Lord roused the spirit of Cyrus king of Persia to issue a proclamation and to have it publicly displayed throughout his kingdom: "Thus speaks Cyrus king of Persia: 'The Lord, the God of heaven has given me all the kingdoms of the earth; he has ordered me to build him a Temple in Jerusalem, in Judah. Whoever there is among you of all his people, may his God be with him! Let him go up'."

The word of the Lord.

Thanks be to God.

RESPONSORIAL PSALM

Psalm 136

**Response: O let my tongue cleave to my mouth
if I remember you not!**

By the rivers of Babylon
there we sat and wept,
remembering Zion:
on the poplars that grew there
we hung our harps. **R/.**

O how could we sing
the song of the Lord
on alien soil?
If I forget you, Jerusalem,
let my right hand wither! **R/.**

For it was there that they asked us,
our captors, for songs,
our oppressors, for joy.
'Sing to us,' they said,
'one of Zion's songs.' **R/.**

O let my tongue
cleave to my mouth
if I remember you not,
if I prize not Jerusalem
above all my joys! **R/.**

SECOND READING

A reading from St Paul's letter to the Ephesians
God loved us with so much love that he was generous with his mercy:
when we were dead through our sins, he brought us to life with Christ - it is
through grace that you have been saved - and raised us up with him and
gave us a place with him in heaven, in Christ Jesus.

Ephesians 2:4-10

This was to show for all ages to come, through his goodness towards us in
Christ Jesus, how infinitely rich he is in grace. Because it is by grace that
you have been saved, through faith; not by anything of your own, but by a
gift from God; not by anything that you have done, so that nobody can
claim the credit. We are God's work of art, created in Christ Jesus to live
the good life as from the beginning he has meant us to live it.

The word of the Lord.

Thanks be to God.

GOSPEL ACCLAMATION

**Glory and praise to you, O Christ!
God loved the world so much
that he gave his only Son;
everyone who believes in him has eternal life.
Glory and praise to you, O Christ!**

GOSPEL

The Lord be with you

John 3:14-21

And with your spirit.

A reading from the Gospel according to John.

Glory to you Lord.

Jesus said to Nicodemus: 'The Son of Man must be lifted up as Moses
lifted up the serpent in the desert, so that everyone who believes may have
eternal life in him. Yes, God loved the world so much that he gave his only
Son, so that everyone who believes in him may not be lost but may have
eternal life. For God sent his Son into the world not to condemn the world,
but so that through him the world might be saved. No one who believes in
him will be condemned; but whoever refuses to believe is condemned
already, because he has refused to believe in the name of God's only Son.

On these grounds is sentence pronounced: that though the light has come
into the world, men have shown they prefer darkness to the light, because
their deeds were evil. And indeed, everybody who does wrong hates the
light and avoids it, for fear his actions should be exposed; but the man who
lives by the truth comes out into the light, so that it may be plainly seen that
what he does is done in God.'

The Gospel of the Lord.

Praise to you, Lord Jesus Christ.

The Apostles' Creed

**I believe in God, the Father almighty, Creator of heaven and earth, and
in Jesus Christ, his only Son, our Lord, who was conceived by the
Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was
crucified, died and was buried; he descended into hell; on the third
day he rose again from the dead; he ascended into heaven, and is
seated at the right hand of God the Father almighty; from there he will
come to judge the living and the dead. I believe in the Holy Spirit, the
holy catholic Church, the communion of saints, the forgiveness of
sins, the resurrection of the body, and life everlasting. Amen.**

Offertory:

Pray, brothers and sisters, that my sacrifice and yours may be acceptable to
God, the almighty Father.

**May the Lord accept the sacrifice at your hands, for the praise and
glory of his name, for our good and the good of all his holy Church.**

Prayer over the Offerings:

We place before you with joy these offerings, which bring eternal remedy, O
Lord, praying that we may both faithfully revere them and present them to
you, as is fitting, for the salvation of all the world. Through Christ our Lord.
Amen.

Preface:

The Lord be with you.

And with your spirit.

Lift up your hearts.

We lift them up to the Lord.

Let us give thanks to the Lord our God.

It is right and just.

It is truly right and just, our duty and our salvation,
always and everywhere to give you thanks,
Lord, holy Father, almighty and eternal God.

For you have given your children a sacred time
for the renewing and purifying of their hearts,
that, freed from disordered affections,
they may so deal with the things of this passing world
as to hold rather to the things that eternally endure.

And so, with all the Angels and Saints,
we praise you, as without end we acclaim:

**Holy, holy, holy Lord, God of hosts. Heaven and earth are full of your
glory. Hosanna in the highest. Blessed is he who comes in the name of
the Lord. Hosanna in the highest.**