

Saint Boniface Parish

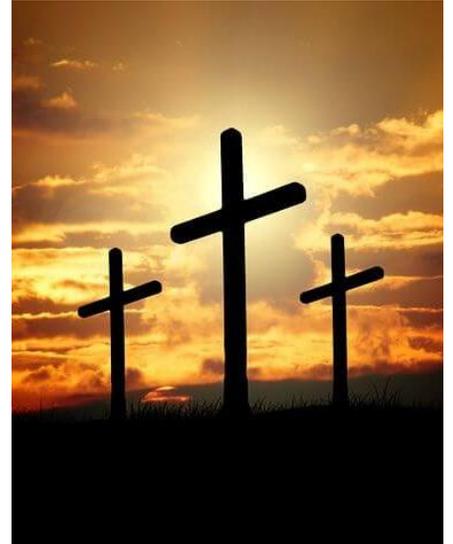
Faith Formation Handout – Sunday, March 14th

Fourth Sunday of Lent

John 3:14-21

Jesus said to Nicodemus: "Just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life." 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. For God did not send his Son into the world to condemn the world, but that the world might be saved through him. Whoever believes in him will not be condemned, but whoever does not believe has already been condemned, because he has not believed in the name of the only Son of God. And this is the verdict, that the light came into the world, but people preferred darkness to light, because their works were evil. For everyone who does wicked things hates the light and does not come toward the light, so that his works might not be exposed. But whoever lives the truth comes to the light, so that his works may be clearly seen as done in God.

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How can I better experience the healing power of Christ?

First Grade

In today's Gospel, we hear that God gave the world His Son Jesus so that we could all be saved. What are things that people need to be healed from? Besides being sick, how else do people suffer? When was a time that you needed healing? How did Jesus help you to get through it? What people did He work through to help you heal?

Second Grade

In today's Gospel, it says that light came into the world, but that people prefer the darkness. Darkness can mean sin and pain. Sometimes people choose to hold onto their pain instead of being healed. Why do you think people would rather suffer than ask for help? When was a time that you could have asked for help but didn't?

Third and Fourth Grades

When we do things that we know are wrong we try to hide them and not let them be seen. This is what the Gospel is taking about when it says that we avoid the light. Think of the last time that you did something wrong. How did you act? Did you confess to what you did and receive healing? What should we do when we sin?

Fifth and Sixth Grades

To experience God's healing, we need to be better aware of the areas in our life that we need healing and that He is working. What are some weaknesses that you have? In what ways would you want God to help you with these weaknesses and heal these areas of your life? Can you see some ways that He is already working and bringing healing to your life?

Seventh and Eighth Grades

People often make the mistake of thinking that we can handle everything. This also makes us think that we can solve our own problems and try to heal ourselves. When was a time that you tried to solve a problem on your own? How did that work out for you? How would it have been different if you asked God or others for help?

High School and Adults

It will be difficult to experience Christ's healing power if we don't trust Him with our wounds. What are some of the things that you are struggling with that you could use help and healing with? How can you seek help with those struggles and wounds from God and others? Why would it be a good thing to ask Jesus and others to help you with healing?

For this Week...

We are Catholic always and in everything we do. Throughout the week bring your faith into your school, your work, your play and your family. Here are some ideas for you.

Monday

A good place to start is with thanksgiving. Before you look for new ways to be healed, look for the ways that God has already healed you and thank Him for His graces. Today, make a list of when you were healed. It was God who healed you! So, for each instance, take a minute or two and thank God for his help and grace.

Tuesday

When we acknowledge that we have experienced Jesus' healing power we can then grow in trust and confidence. He has shown His power in your life before. How can you respond with trust? Today, after acknowledging Christ's healing in your life, write down or talk about with someone the reasons that you have to trust Jesus with your troubles.

Wednesday

If we are going to better experience Christ's healing power, we need to be aware of how He is working in our lives. In order to do this, we should be aware of where we need healing and where Jesus will be working. Today, make a list of the areas of your life that you need Jesus' healing power. They may be physical, emotional, social or other problems.

Thursday

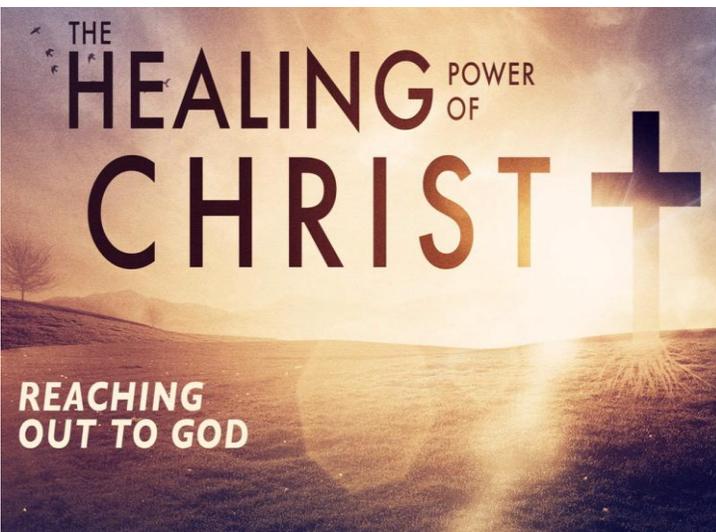
We need to spend time with God asking Him for His help. Today, spend time in quiet prayer, going over each of the things from the list you made yesterday. Be specific in what the problems are, where you think they may have come from and how they are affecting your life. It's not that God doesn't know, but that we need to say.

Friday

After you take time to talk with God about what problems you see in your life, it is also necessary to spend time listening to God answering how he will heal you. We don't know the best ways to solve a problem, but God does. After you talk with Him, listen to Him as well. How is He telling you to overcome something and be healed?

Saturday

Christ does not always heal us in the way that we want to be healed. Perhaps He heals us slower than we want or in a way that causes some pain. This does not mean that God is not helping or that He does not know what your problems are. Today, rather than asking Jesus to heal you in a specific way, thank Him for listening to you and helping you.



FROM THE CATECHISM...

Christ invites his disciples to follow him by taking up their cross in their turn. By following him they acquire a new outlook on illness and the sick. Jesus associates them with his own life of poverty and service. He makes them share in his ministry of compassion and healing: "So they went out and preached that men should repent. And they cast out many demons and anointed with oil many that were sick and healed them."

Catechism of the Catholic Church, 1506

Next Week's Readings

Here are the readings for next Sunday so that on Saturday you can read through them. If you take a few minutes to read them and prepare, you will get a lot more from Mass. They are available online at www.usccb.org.

Jeremiah 31:31-34,35B Psalm 51:3-4,12-13,14-15 Hebrews 5:7-9 John 12:20-33