

4th SUNDAY OF LENT

A JOURNEY INTO THE HEART



NEW LIFE

A Heart of Prayer

(Have a bowl of water as the centre of your prayer focus. The bowl of water will be used in this prayer service.)

Leader:

We begin this time of prayer: in the name of the Father, Son, and Holy Spirit.

All: Amen.

Leader:

Heavenly Father, you are the source of new life. Our journey of faith challenges us, but the promise of new life gives us hope. The waters of life and the light of your truth always guide us.

1st Reader:

Water is a source of life. It nourishes our souls and refreshes our body.

The waters of faith call us to be renewed in our commitment of love to you Lord. As we journey in these last few weeks of Lent, Lord strengthen us as we grow in our journey.

2nd Reader:

Let us now ask the Lord to bless this water. May this water be a sign of the new self we are becoming and rejuvenate us on our faith journey.

(grab the bowl of water in your hand)

Let us now bless each other with the sign of the cross on our foreheads. When we make the sign of the cross on a person to our right, say

“May the Lord bless you on your journey of faith and fill you with his love.”

(begin by blessing the person to your right and pass them the bowl to bless the person on their right. You will be the last person blessed. Place the bowl back on the table/floor)

1st Reader:

We have been blessed with the waters of life. Now let us thank God for the many blessings we have been given in our life.

Let us each take a turn to say one thing we are grateful for.

(let everyone have their turn and then begin again)

In gratitude for the many gifts God has given us, let us join together and pray the words that Jesus taught us:

All: Our Father

Leader:

God our Life, thank you for the many blessings in our life. You give us new life through the waters of baptism. May we always find strength in these waters of life.

All: Amen.

Leader:

In the name of the Father, Son, and Holy Spirit. Amen.

**GOD OF LOVE,
OPEN MY
HEART TO
A NEW WAY.**



A Heart of Discussion

Baptism - The Waters of New Life

Reader:

The Sacrament of Baptism welcomes us into God's family. In the waters of Baptism we are marked as God's own and promised new life with God. To continue to live as Baptized members of God's family, we must always remain united with God.

Baptism gives us freedom from Original Sin and the grace to resist temptation. For us to remain in relationship with God, we must learn to live as a people of faith. Temptations will try to break us away from God, but we must strive to overcome these challenges.

During the Easter Season, as a Church we will renew our Baptismal Call. In this renewal we recognize our promise to be followers of Christ and live as a people of God. It is in this renewal that we say we "believe" and profess our faith to be true in our life.

Baptism may be a Sacrament we receive only once, but we continually live it in our life. A reminder of our Baptism is the symbol of water. Water signifies new life and the promise of eternal life. We use this symbol every time we bless ourselves with Holy Water. As we make the sign of the cross, the waters we bless ourselves with remind us we are united with God and called to walk as a people of God.

Let us live as a people of new life in the waters of baptism.



Discussion Questions:

1. Have your parents tell the story of your baptism. Ask them questions about it and any information you want to know.
2. Discuss the symbol of water in Baptism. Why is water a good symbol to use for Baptism?
3. Why is it important for us to renew our Baptismal Call?

A Heart of Action

To change our hearts, we need to change our actions. This week consider one of the following tasks:

1. As a baptized member of the Church, become a more vivid sign of that Baptism in the actions you display this week (i.e. be kind to others and care for those in need)
2. A thankful heart is a heart that knows God's love. Take the time this week to be thankful for the many good things God has blessed you with.
3. As a person blessed with the waters of God's creation, we are called to be advocates of the earth. Find ways you can conserve water and better care for the earth this week.

