

## Here's a text if you've only a minute ...

People look at appearances, but the Lord looks at the heart.

*First Reading*

Near restful waters he leads me, to revive my drooping spirit. *Psalm*

You were darkness once, but now you are light in the Lord.

*Second Reading*

I am the light of the world, says the Lord;

Whoever follows me will have the light of life. *Gospel Acclamation*

Father of peace, we are joyful in your Word,  
your Son Jesus Christ, who reconciles us to you.

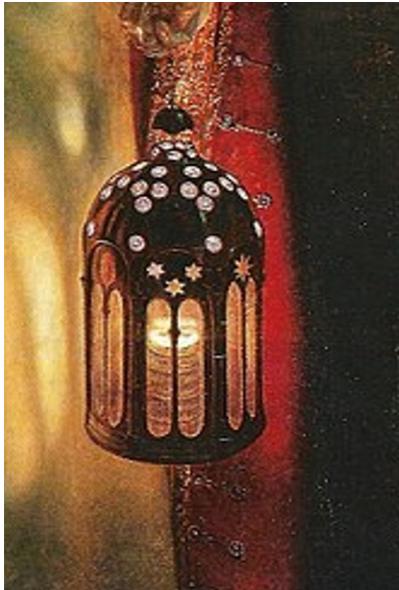
Let us hasten toward Easter with the eagerness of faith and love.

*Old Opening Prayer*

This week's texts if you want to reflect further:

1 Samuel 16: 1.6–7, 10–13; Psalm 22 (23); Ephesians 5: 8–14; John 9: 1–41

William Holman Hunt, detail from 'The Light of the World'  
(Manchester version, 1851–6). Image in the public domain.



'I am  
the light  
of the world'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



**PREGO LEAFLET**

**Fourth Sunday of Lent (*Laetare* Sunday)**

**Year A, 15th March 2026**

'Lord, I believe!'

Before we enter the darker days of Holy Week, we celebrate *Laetare* ('Rejoice!') Sunday. Today we are reminded of the joy of the presence of Jesus, the light of our world, and of the love of God shining through our lives.

Both the **First Reading** and the Psalm speak of the shepherd caring for the flock. Despite David's youth and outward appearance, the Lord sees the strength of his heart, which will enable him to lead God's people.

The **Psalm** speaks of the certainty that I can rely on the Lord as *my* shepherd, keeping me safe from harm whatever happens in my life.

In the **Second Reading**, St Paul reminds the Ephesians (and us) that God's light in us shines out for others when we live in *goodness and right living and truth*.

In the **Gospel**, the blind man's sight is restored and he comes into the light. Not only is he physically able to see for the first time, but he also recognises Jesus as the Son of Man. In contrast, those around him remain in the darkness of un-belief, trapped by their unwillingness to see Jesus as he really is.

This week, we pray for those who have yet to allow the light of Christ into their lives. We pray that we will carry Christ's light to others as we walk beside them, sharing their hardships and sorrows.



### Opening Prayer

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.

## Psalm 22 (23)

**R:/ The Lord is my shepherd: there is nothing I shall want.**

The Lord is my shepherd; there is nothing I shall want.

Fresh and green are the pastures where he gives me repose.

Near restful waters he leads me, to revive my drooping spirit.

He guides me along the right path; he is true to his name.

If I should walk in the valley of darkness no evil would I fear.

You are there with your crook and your staff;

with these you give me comfort.

You have prepared a banquet for me in the sight of my foes.

My head you have anointed with oil; my cup is overflowing.

Surely goodness and kindness shall follow me

all the days of my life.

In the Lord's own house shall I dwell for ever and ever.

As I come to my time of prayer today, I might look back over my Lenten journey thus far. Has it been a time of light? Or have I struggled to see through the darkness of the world around me? If I can, I set aside any worries I am carrying and enter into the Lord's presence.

Although I may have prayed or sung this Psalm many times in my life, I take the time to read it again, slowly and mindfully. Perhaps a word, or a phrase, or a verse particularly stands out?

I may set the text aside now, and enter into the fresh and green pastures of my imagination. Perhaps I take off my shoes and feel the soft grass underfoot, noticing every little sensation as I make my way down to the waters of a stream flowing close by. I see Jesus sitting by the stream. He knows, he understands how things are for me. So without the need for words, I settle myself beside him.

I allow the peace and tranquillity of this place to refresh me, and revive my drooping spirit.

As I prepare to leave, I take some time to tell the Lord what is in my heart. I ask him for whatever I need at this moment.

I end my prayer thanking the Lord for all the goodness and kindness in my life.

## Gospel John 9: 1–41 (part)

**A**t that time: As Jesus passed by, he saw a man blind from birth. He spat on the ground and made mud with the saliva. Then he anointed the man's eyes with the mud and said to him, 'Go, wash in the pool of Siloam' (which means Sent). So he went and washed and came back seeing.

The neighbours and those who had seen him before as a beggar were saying, 'Is this not the man who used to sit and beg?' Some said, 'It is he.' Others said, 'No, but he is like him.' He kept saying, 'I am the man.'

They brought to the Pharisees the man who had formerly been blind. Now it was a Sabbath day when Jesus made the mud and opened his eyes. So the Pharisees again asked him how he had received his sight. And he said to them, 'He put mud on my eyes, and I washed, and I see.' Some of the Pharisees said, 'This man is not from God, for he does not keep the Sabbath.' But others said, 'How can a man who is a sinner do such signs?' And there was a division among them. So they said again to the blind man, 'What do you say about him, since he has opened your eyes?' He said, 'He is a prophet.' They answered him, 'You were born in utter sin, and would you teach us?' And they cast him out. Jesus heard that they had cast him out, and having found him he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir, that I may believe in him?' Jesus said to him, 'You have seen him, and it is he who is speaking to you.' He said, 'Lord, I believe', and he worshipped him. Jesus said, 'For judgement I came into this world, that those who do not see may see, and those who see may become blind.' Some of the Pharisees near him heard these things, and said to him, 'Are we also blind?' Jesus said to them, 'If you were blind, you would have no guilt; but now that you say, "We see", your guilt remains.'

Settling in my place of prayer, I read the text a couple of times and then replay the scene in my imagination. Witnessing what happens, I notice the reactions of the man as his sight is restored, and of those who question and criticise, remaining in the darkness of their disbelief. What do I see? What is my response? I watch the man's second encounter with Jesus. What is it like for him as he now sees Jesus and believes? And how does it feel for me to come face to face with Jesus? What have I to say about my belief in him?

As Jesus looks at me, is there something I want to ask of him? – or something he wants to say to me? Perhaps I speak to him about areas of my life that remain in the darkness?

I stay here with Jesus as long as I need.

I end by asking that he draws me ever closer into the light of his love.