SACRED HEART CATHOLIC PRIMARY SCHOOL & NURSERY

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

As we enter the fourth Week of Lent, the Church invites us to reflect on Jesus' powerful words from John 9:1–41: "I am the light of the world." In this Gospel, Jesus heals the man born blind, not only restoring his sight, but revealing something even greater — that He is the true Light who overcomes every darkness.

In the story from the Gospel of John, we see two kinds of sight. The man who was blind comes to see clearly — first physically, and then spiritually, as he grows in faith and courage. Others, who believed they could already see, struggle to recognise Jesus. During Lent, we are invited to ask: Where do we need Jesus to bring light into our lives? What might He be helping our family to see more clearly?

This week offers a beautiful opportunity to talk with your children about trust, courage and faith. The healed man was questioned and challenged, yet he stood firm in what he knew: Jesus had changed his life. As a family, we can reflect on how Jesus is working in our own lives — in big and small ways — opening our eyes to kindness, forgiveness, and love.

As we continue our Lenten journey toward Easter, may Christ, the Light of the World, shine in our homes. May His light guide our conversations, our prayers, and our actions this week, helping each of us to see with eyes of faith.

God Bless,

Mrs Linda Payne
Executive Headteacher

Lent - Week 4

Gather Together



Listen

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



3. Read from the scripture, a quote from St. John 9:1-41



"I am the light of the world"

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Reflect

4. Spend a moment reflecting on this week's scripture. In John 9:1–41, Jesus meets a man who has been blind from birth. The disciples wonder why the man was blind. Did he do something wrong? Did his parents? But Jesus tells them something very important: his blindness was not a punishment. Instead, God was going to do something amazing in his life.

Jesus then says, "I am the light of the world." Light helps us see. Without light, everything is dark and confusing. Jesus is saying that He helps us truly see — not just with our eyes, but with our hearts.

Jesus makes mud, gently puts it on the man's eyes, and tells him to wash in a pool. The man obeys. When he washes, he can see for the very first time! Imagine seeing colours, faces, and sunlight for the first time ever. What joy he must have felt!

But the story doesn't end there. Some people are upset about the miracle. They question the man again and again. They do not want to believe Jesus is from God. The man who was blind grows braver. At first, he calls Jesus "a man." Then he says Jesus is "a prophet." Finally, when he meets Jesus again, he believes and worships Him. His eyes — and his heart — are fully open.

This Gospel teaches us:

- Jesus is the Light who helps us know what is true and good.
- God does not send suffering as a punishment.
- Faith sometimes means being brave, even when others disagree.

We can grow in faith step by step, just like the man did.

Jesus is still the Light of the World today. When we follow Him, pray to Him, and listen to Him, His light shines in our hearts and helps us see the way to love God and others.

Pray

5. Spend a minute in complete stillness and quiet, reflecting and then say the prayer below together.



Loving Jesus,
You are the Light of the World.
In the story from the Gospel of John, You helped a man who could not see.
You touched his eyes and filled his life with light.
Shine Your light in our hearts.
Help us see with love.
Help us see when someone is lonely.
Help us see when someone needs kindness.
Help us see when we need to say sorry.
Jesus, Light of the World,
stay close to us at home, at school and everywhere we go.
Make our hearts bright with Your love,
so we can shine Your light to everyone we meet.
Amen. ✨

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Living out the Message

6. In John 9:1–41 from the Gospel of John, Jesus says, "I am the light of the world." He brings light to the man who was blind — and He wants His light to shine through us, too!

Here are some simple ways your children can live out this Gospel every day:

1. Be Kind to Someone Who Is Left Out

The blind man was treated differently by others. Children can be a light by:

- Playing with someone who is alone at recess
- Sitting with a new classmate
- Including someone who is often left out

2. Stand Up for What Is Right

The healed man bravely told the truth about Jesus, even when others didn't believe him. Children can:

- Tell the truth, even when it is hard
- Say "That's not nice" if someone is being teased

3. Trust Jesus When You Don't Understand

The blind man obeyed Jesus before he could see. Children can:

- Pray when they are worried or confused
- Trust their parents and teachers when they guide you

4. Let Your Actions Shine

Jesus' light shines when children:

- Help with chores without complaining
- Forgive a sibling
- Share with a friend
- Say "I'm sorry" and "I forgive you"

5. Grow in Faith

The blind man slowly came to understand who Jesus was. Children can grow in faith by:

- Listening carefully at Mass
- Receiving the Sacraments
- Reading Bible stories
- Talking to Jesus each day

When you choose love, honesty, courage, and faith, you reflect the light of Christ to others. Even small acts of goodness can brighten someone's whole day.