



WEEK 5

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It is now the fifth week of Lent.

What a journey it has been so far! How do you feel about your journey? A lot may have happened in the past weeks, but one thing is true: the Lord is still journeying with you. So let us go forth, and continue to ponder on the wonders of our Lord as He made love incarnate through the paschal mystery of His Son, Jesus.

MARCH 30, 2025

Gospel Reading: Luke 15:1-3, 11-32

But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found. (Luke 15:32)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

GOSPEL REFLECTION:

Young as we are, we tend to dream high and envision the best for our lives. Growing up as an achiever and a youth missionary, I always try my best to embody 'excellence', both in studies and in service. It is a privilege to be entrusted with such gift. However, like what the gospel says, there were many times I lost the opportunity to use this gift for the greater glory of God. Instead of using it for good, I wasted my gifts in doing sinful things. I then realized my mistakes when I lost everything and was left with God alone.

Realizing the weight of your sins may be the most humiliating experience, yet God rejoices in our submission to Him. Humility allows us to let God live in us. When we surrender ourselves to God, we remember that it's never a lost battle. The moment we go back to Him is already a victory. Hold on to the reminder that God, no matter who we are and what we've done, as long as we submit ourselves to Him fully, will embrace and accept us like we are His most awaited child.

REFLECTION QUESTION:

What steps can I take today to fully seek God's forgiveness?

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PRAYER:

Heavenly Father, help me to recognize my need for You; to remain faithful and allow You to continuously transform my heart like Yours. Jesus, I trust in You. Amen.

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MARCH 31, 2025

Gospel Reading: John 4:43-54

Jesus said to him, "Unless you people see signs and wonders, you will not believe." The royal official said to him, "Sir, come down before my child dies." Jesus said to him, "You may go; your son will live." The man believed what Jesus said to him and left. (John 4:48-50)

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GOSPEL REFLECTION:

Young people often seek immediate answers or visible signs before believing, but this Gospel highlights the importance of trusting in God's word, even without tangible proof. The royal official's faith in Jesus' promise, despite not seeing the miracle firsthand, serves as a reminder to rely on God's timing and plan. In daily life, this encourages the youth to remain steadfast in faith during uncertainties—whether in academics, friendships, or personal challenges—trusting that God is always at work. During Lent, this message becomes even more relevant, inviting a deeper relationship with God through prayer and silence. Rather than viewing waiting as a sign of doubt, it becomes an opportunity for spiritual growth. True faith is not about having all the answers but about believing in God's constant presence and unfailing promises.

REFLECTION QUESTION:

During this Lenten season, what steps can be taken to deepen trust in God's promises despite uncertainties?

PRAYER:

Lord, help us trust in Your promises, even when we cannot see the way. Amen.

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APRIL 1, 2025

Gospel Reading: John 5: 1-16

When Jesus saw him lying there and knew that he had been ill for a long time, he said to him, "Do you want to be well?" (John 5:6)

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GOSPEL REFLECTION:

This Gospel shows us the beauty of God's mercy and the pious response of the sick man. With our human nature, we forget the transforming power of God in our lives--we seek for healing and restoration by waiting for people who will bring us to the 'pool' and not willingly to unveil our vulnerabilities. God wants the healing desire from us, and even with our doubts, God revealed himself as the Sacred water that washes away all unclean. In this Gospel, God's restoration bestows new life and a hallmark of a new beginning. Jesus said to the man, "Rise, take up your mat, and walk." This command reveals to us that in our restoration, God is commanding us to take up our mat and walk. As young missionaries, we are called to stand up and walk--proclaiming the restoring word of God.

REFLECTION QUESTION:

How can I submit myself willingly into God's grace especially in this season of Lent?

PRAYER:

Lord, let your healing love be the source of our new life and may we embrace the journey of renewal this Lent. Amen.

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APRIL 2, 2025

Gospel Reading: John 5:17-30

*But Jesus answered them, "My Father is at work until now, so I am at work."
(John 5: 17)*

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

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GOSPEL REFLECTION:

God is at work right now, and that's why we have hope. Our struggles and failures don't have the final say—God does. This Lent, He is calling us again, saying, "Come back to Me." No matter how far we've strayed, He never stops pursuing us.

I know this because I was once lost, growing up in a family that didn't practice the faith. But God had a plan—He led me to a youth camp that changed my life forever. It was there that I encountered His love and realized He had been working in my life all along. Now, I'm doing my best to bring my own family to Jesus, sharing with them the love that transformed me.

So in this Lent, let us return to Him through prayer, fasting, and generosity. Because He never stopped working for us, it's time we surrender and let Him change our hearts.

REFLECTION QUESTION:

During this lenten season, what aspect of your life is God calling you to work on?

PRAYER:

Lord, teach me to trust that you are at work at every aspect of my life. Amen.

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APRIL 3, 2025

Gospel Reading: John 5:31-47

"If I testify on my own behalf, my testimony cannot be verified. But there is another who testifies on my behalf, and I know that the testimony he gives on my behalf is true. (John 5: 31)

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GOSPEL REFLECTION:

We are the face of Jesus. All the goodness and kindness we show are meaningless if we do not represent Him.

In college, I had a friend in the choir who lived near our barangay. We often rode the same jeepney home and talked about school, choir, faith, and church. He was amazed that Catholics like us could embody true Christianity. Now, he's serving as a pianist in his barangay parish, thanking us for inspiring him through our way of living and serving the Lord. To be a witness of Jesus is simply to journey with others, telling stories, and showing kindness. This can make an impact in someone's life. The credit doesn't belong to me; this is Jesus working through me. All praise and honor are His.

As young Catholic missionaries, ask yourself, "What would Jesus do?"

REFLECTION QUESTION:

How can I be a better witness of Jesus?

PRAYER:

Jesus, I want to be like you. Amen.

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APRIL 4, 2025

Gospel Reading: John 7:1-2, 10, 25-30

So Jesus cried out in the temple area as he was teaching and said, "You know me and also know where I am from. Yet I did not come on my own, but the one who sent me, whom you do not know, is true. (John 7: 28)

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GOSPEL REFLECTION:

One time, I felt like I was carrying so much. It felt as if the fire in my heart was burning out for some reason. I was facing all the missions and afflictions in my life. During that moment, I went to an adoration chapel and cried out everything to God. I begged Him to work in my life and perform miracles.

Just like Christ in the Gospel, where we see Him crying in the temple, showing His human side, He assures us that whenever we come to Him before the Blessed Sacrament and pour out our hearts, He will understand us, embrace us, and let us feel His love once again. Don't be afraid to come to the altar! Come to Jesus, offer all your burdens, pain, and suffering, and surrender it all to Him.

REFLECTION QUESTION:

What aspects of your life do you want to surrender to God right now?

PRAYER:

Lord Jesus, I come to You, carrying all these burdens. I surrender them all to You. Embrace me, and may Your will be done. Amen.

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APRIL 5, 2025

Gospel Reading: John 7:40-53

So the guards went to the chief priests and Pharisees, who asked them, "Why did you not bring him?" The guards answered, "Never before has anyone spoken like this one." (John 7: 45-46)

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GOSPEL REFLECTION:

I had a conversation with an elderly woman who shared her thoughts on something. It's difficult for me to listen to her because I knew her as someone who always speaks cliché bible verses as a response to something. She always speaks in a way as if she knows everything. While listening to her, I became prideful and refuse to ponder what she's telling me. But later on, I realized that what she was saying was something I needed to hear.

Along our journey in faith, we could hear something difficult to believe from people whom we knew as ordinary people. I realized that it is always important to have a child-like attitude so we can learn from all the people that we could encounter regardless of where they come from, for they might be the one who God will use to speak to us.

REFLECTION QUESTION:

Do I still seek to learn from ordinary people and find God's presence in them?

PRAYER:

Lord, help me to always see and hear you from every person I encounter. Amen.