



## LENT WEEK 4

*John 3:14-21*

### GOSPEL READING:

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.

### REFLECTION:

The Gospel of this fourth week of Lent includes the *Kerygma*, the proclamation of the Gospel, a nutshell version of our faith. This is summarised in John 3:16. It is a great Bible verse to memorise by heart! Jesus is the way to the Father. He is the solution, He took all my sin on Himself so that the door to Paradise may be opened for me, if I choose to go through it. There is an invitation here, to respond to this message of salvation, to the person of Jesus Christ, and have my life impacted into the eternal.

We also read how “people preferred darkness to light”. We recognise this within ourselves. We want to do what is good, but so many factors are at play, we often end up doing the opposite. The message of Christ is not one of condemnation, but of salvation. It’s not one of imposition, but of invitation. It starts with a choice to live in the Truth, even when this is not always convenient or confronts us with ourselves or those around us. It requires courage and decision, but He always walks alongside us. He knows we are fickle and weak, so He paid the burden at the Cross.

May this fourth week of Lent be another invitation to enter in, to walk with Him, to go deeper. He is after our hearts, and parts of us need to be crucified in order to be resurrected, to be torn down in order to be built up. God still wants more for you.

- How is your fervour now compared to the beginning of Lent?
- When have been times that you felt close to God during this Lent?  
In what context, setting, place, disposition?
- What has been a struggle for you during this Lent?
- Pray into this fourth week of Lent – where is God inviting you personally?
- How can you make this fourth week of Lent more intentional?  
What can be one thing to commit to?

Take some time to just be with the Lord this week. Rest your heart in Him. He is here, allow yourself to be present to His presence.

### PRAYER:

Jesus,

As You journey toward Jerusalem, help me to accompany You, to remain in Your presence, to allow You to speak to my heart. As Easter comes closer, and Holy Week isn’t too far out, You always have more. I pray for receptivity and boldness as I continue on this journey of Lent. Come Holy Spirit, increase my faith.

Amen

### SONG SUGGESTION:

[God of Israel](#) by Maverick City Music