

MARCH 13, 2016

FIFTH SUNDAY OF LENT YEAR C



ISAIAH 43:16–21

PSALM 126:1–2, 2–3, 4–5, 6

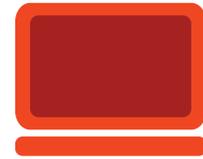
PHILEMON 3:8–14

JOHN 8:1–11

REFLECTION

A few years ago the movie *Frozen* was released. Children and adults were heard singing the theme song of the movie, “Let It Go.” How do you let go of something wrong that has been done to you? How do you let go of guilt you may have from something you have done? In the movie, it took love to get through the formidable walls built by the older sister, Elsa, who was told she had to hide and control her gift. It took the love and strength of her younger sister, Anna, to believe her older sister wasn’t a bad person.

Do you think God can love like that? God does! Today’s reading from Isaiah is similar to the song “Let It Go.” Isaiah says: “Remember not the events of the past; . . . see, I am doing something new!” (Isaiah 43:18–19). We are chosen, even in our struggles, to be made holy to praise God. Again, in Philippians we hear that because of Jesus and faith, “forgetting what lies behind but straining forward to what lies ahead” (Philippians 3:13), we can all praise God’s name. Finally, the Gospel speaks of a woman caught in adultery and how no one could condemn her because no one was perfect. Instead Jesus loves the woman and tells her to “go, and . . . do not sin any more” (John 8:11).



Watch the movie *Frozen* or listen to the song from the movie “Let It Go.” Below is a link to Idina Menzel’s version.

www.youtube.com/watch?v=moSFlvxnbgk

ACTION

The Sacrament of Reconciliation is sometimes the most underused sacrament of grace given to us. Be bold and brave. Take part in your parish’s Lenten reconciliation services or go to confession all on your own. Letting go of the baggage that weighs you down will free your soul to more fully participate in Holy Week, Triduum, and Easter Time!

JOURNALING QUESTIONS

● At your age thus far, what is the storyline of your life? Do you like where it is going? What might you want to change to have a different outcome? How can you let God rewrite your story?