

## **Fifth Sunday of Lent Reflection Year A**

### **“From Death to New Life: Trusting in God’s Power to Renew and Restore”**

As we journey deeper into the season of Lent, the Word of God invites us to reflect on hope, renewal, and the power of God’s life-giving presence. The readings today remind us that God is able to bring life even where there seems to be despair, darkness, or death. Through His mercy and love, the Lord lifts us from discouragement and fills our hearts with new strength. This Sunday calls us to trust that God is always working to restore, heal, and renew our lives.

#### **First Reading – Book of Ezekiel 37:12-14**

In this powerful vision, God promises to open the graves of His people and bring them back to life. Through the prophet Ezekiel, the Lord assures the people that His Spirit will renew them and restore their hope. This message reminds us that even when we feel spiritually dry, discouraged, or lost, God can breathe new life into our hearts. In our daily lives, God invites us to trust that His Spirit can lift us from despair and lead us toward a renewed and faithful life.

#### **Psalm 130 130:1-8**

The psalmist cries out to God from the depths, expressing trust in the Lord’s mercy and redemption. It teaches us that even in our weakest moments, we can turn to God with confidence. When we wait patiently for the Lord, His love and forgiveness bring peace to our hearts.

#### **Second Reading – Epistle to the Romans 8:8-11**

In this passage, Paul the Apostle reminds us that those who live according to the Spirit belong to God. The Spirit of God dwelling within us brings true life and freedom from the power of sin. Even though our human nature may struggle with weakness, God’s Spirit strengthens us to live a life pleasing to Him. This message encourages us to nurture our spiritual life through prayer, faith, and good works. When we allow the Holy Spirit to guide us, our daily actions reflect God’s love and grace.

#### **Gospel of John 11:1-45**

The Gospel tells the moving story of the raising of Lazarus, showing the deep compassion and divine power of Jesus Christ. When Lazarus became ill, his sisters Mary of Bethany and Martha of Bethany trusted that Jesus could help. Even though Jesus arrived after Lazarus had died, He reassured them with the powerful words, “I am the resurrection and the life.” Jesus shared in their sorrow and even wept, revealing His deep love for humanity. Yet He also showed that death does not have the final word. By calling Lazarus out of the tomb, Jesus revealed God’s power to bring life where there was loss and despair. This miracle strengthens our faith that God is present even in our darkest moments. It also reminds us that Jesus calls each of us to come out of the “tombs” of fear, sin, and hopelessness. Through faith in Him, we are invited to experience new life and renewed hope.

### **Lessons from the Readings**

The readings today teach us that God's Spirit brings life, hope, and renewal even in the most difficult circumstances. They encourage us to trust in God's mercy, live according to the Spirit, and believe in Christ who is the resurrection and the life. In our daily lives, we are called to move away from despair and walk with faith, knowing that God is always ready to restore and strengthen us.

### **Question for Meditation:**

What "tombs" in my life—such as fear, doubt, or sin—might Jesus be calling me to leave behind so that I may live more fully in His grace and hope?