

## Homily Helps and Petitions for the 4<sup>th</sup> Sunday of Lent, March 15, 2026

### Homily Helps

#### † Scripture Passages to Note:

**1 Samuel 16** But the LORD said to Samuel, “Do not consider his appearance or his height, for I have rejected him. The LORD does not look at the things people look at. People look at the outward appearance, but the LORD looks at the heart.”

**Psalms 23** You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

**Ephesians 5** For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord.

#### † Comments for the Day:

During this season of Lent we seek God’s light. We practice repentance and daily look to God for His help in this world of ours. Living and striving to be a light in this world isn’t easy but it can be done and it must be done. As Samuel did long ago in seeking to please God, we need to look at the hearts of people and not at their appearance. As the old saying goes, “Appearances can be deceiving.” We all need to look beyond what a person looks like as difficult as that can be. We need to look into their hearts and minds. We need to love - everyone.

Every day our world is given the blessing of God’s goodness and love. It does follow all of God’s creations wherever we go. There is no escaping God but who would want to? God searches our hearts. He looks for the goodness in each person and the world He created. God looks to each of His children to live as a “light in the Lord”. In anointing Jesus, God also anointed us - He anointed us with His love and mercy. Our purpose is to reflect that light into all of creation.

All of creation has a choice - to live in the darkness or to seek the light. As we approach the season of Easter, God looks more and more for the repentance and goodness of our hearts. We need to look for the goodness of our brothers and sisters. If we truly “live as children of the light”, then we need to be the flashlight of salvation for others. We do know what pleases the Lord and we need to practice goodness, righteousness and faith on a daily, even moment by moment, basis.

### † Passages from *Laudato Si'* to Note:

“Each creature possesses its own particular goodness and perfection... Each of the various creatures, willed in its own being, reflects in its own way a ray of God’s infinite wisdom and goodness. Man must therefore respect the particular goodness of every creature, to avoid any disordered use of things”. (69)

What is more, Saint Francis, faithful to Scripture, invites us to see nature as a magnificent book in which God speaks to us and grants us a glimpse of his infinite beauty and goodness. “Through the greatness and the beauty of creatures one comes to know by analogy their maker”. (12)

Saint John of the Cross taught that all the goodness present in the realities and experiences of this world “is present in God eminently and infinitely, or more properly, in each of these sublime realities is God”. (234)

### Related Prayers of the Faithful

**Option 1** O Father of all creation, give us the sight and the vision to see beyond what is before us. To seek to bring love, mercy, joy, kindness and most of all, goodness to all You created. Amen.

**Option 2** Heavenly Father, help me to be a light to the world and a source of goodness. Let me look beyond myself to see the beauty and goodness of all creation. Amen.

### Further Resources

**Feedback:** [info@catholicclimatecovenant.org](mailto:info@catholicclimatecovenant.org)

**Webpage:** [www.catholicclimatecovenant.org/resource/english-homily-help](http://www.catholicclimatecovenant.org/resource/english-homily-help)

**Website** [davidjeremiah.org](http://davidjeremiah.org)

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