

Anima Women's Network  
On Line Lenten Retreat 2018

## Reflection Sheet Week 4

### Gospel of the day

*John 3:14-21*

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 Questions

- Do we listen to our culture about what love is, do we let our feelings rule our hearts?
- Do we let others dictate to us about our own worth?
- Do we just give up on people around us when it requires us to suffer?
- Do we love even when others reject us?
- Do we let sin stop us from accepting the love of God?
- Do we ever feel that God could not ever forgive something we have done?
- Do you realise that Christ saw you. That he knew you from the cross. That he loved you.
- How can we bring the example of Mary into our lives?

### Action

*Let us pray for each other this week, with at least one Rosary for the intentions of the other women doing this retreat, to help us to love better so that we can share the Love of God and help to bring others to eternity with Him.*