

## 5<sup>th</sup> Sunday of Lent 2025

**Theme:** Call to Mercy and Compassion

**Scripture:** "Neither do I condemn you. Go and sin no more".  
(John 8:1-11)

**Reflection:**

The story of the woman caught in adultery, highlights Jesus' profound mercy and forgiveness, challenging the judgmental attitudes of the religious leaders and emphasizing the importance of grace. In this Lenten Season, we are called to recognise ourselves as sinners and to ask God for forgiveness.



"Those who were more fully aware of their failings — they all went away and stopped stoning the woman. This invites each of us to be mindful that we are sinners and to let fall from our hands the stones of criticism, of condemnation, of gossip, which at times we would like to cast at others. When we speak ill of others, we are throwing stones, we are like these people and we have a call to a changed life.

"Only Jesus and the woman are left there in the middle: "misery with mercy", as Saint Augustine says (In John 33:5). Jesus is the only one without fault, the only one who could throw a stone at her, but he does not do so, because God "does not want the death of the wicked but that the wicked convert and live" (cf. Ez 33:11). And Jesus sends the woman on her way with these words: "Go and do not sin again" (Jn 8:11). And thus, Jesus opens a new path to her, created by mercy, a path that requires her commitment not to sin again. It is an invitation that applies to each one of us. When Jesus forgives us, he always opens a new path on which to go forward". (Pope Francis 07.04.19 Angelus,)

Thus "We witness and proclaim the gospel message of love, unity, peace and justice. With free, joyful and generous hearts, as disciples of Jesus, we go wherever we are sent, in our own country and beyond." RNDM cons. 34.

"I sincerely recommend that if your nature causes you to commit any faults you ask pardon and penance immediately not listen to criticism and never criticize anyone, may your kindness always edify." (RNDM GEMS, Euphrasie Barbier, 1869)

**How can I extend mercy and grace to those around me, just as Jesus did to the woman?**

**How can I be more like Jesus in my interactions with others, especially those who are struggling?**



**What are the "stones" that I am holding onto, and how can I release them and embrace a life of freedom?**

**How does this story encourage me to seek God's forgiveness and to live a life that reflects His love and mercy?**

**Prayer:**

Lord, we ask that our hearts may be changed. Teach us your way of mercy and compassion. Help us to see beyond appearances and discover your image in those we meet. This we ask, this we seek in Jesus' name.

Amen.