



BAPTISED & SENT IN LENT – Week 4

Sycamore Session 9: *Finding True Freedom*

Theme: Healing • Freedom • New ways of seeing

Purpose

Reflecting on **healing that leads to freedom** in the light of the Gospel.

7:30–7:40 | Welcome & Opening Prayer

- Opening Prayer from *Baptised and Sent – Week 4*

Leader cue: - “Christ frees us for life in all its fullness.”

7:40–7:55 | Gospel & Baptised and Sent

- Proclaim the Sunday Gospel
- Read the Baptised and Sent quote
- Silence

Prompt: - Where do I notice movement towards freedom?

7:55–8:20 | Sycamore Video

- Watch **Session 9 – Finding True Freedom**

8:20–8:40 | Reflection & Sharing

Choose one question: - What does true freedom look like in faith? - How can our parish be a place of healing?

8:40–8:50 | Respond in Action

- One action that promotes dignity or welcome

8:50–9:00 | Concluding Prayer

- Concluding Prayer from *Baptised and Sent – Week 4*

BAPTISED AND SENT IN LENT

Fourth Sunday of Lent

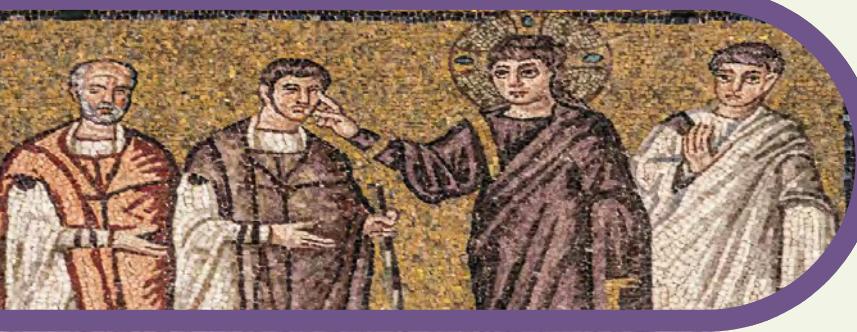
Theme: Healing In Christ

Opening Prayer

Loving God,
You call us to renew our baptism
during this season of Lent as we
journey to Easter.

Help us to respond more fully to
Your call and send us out to
proclaim the Gospel by our lives.
Through Christ Our Lord.

Amen.



Baptised and Sent Quote

"It was in that prayerful silence that the conviction grew that healing, with its demands of justice, accountability, and reconciliation, must be named explicitly as an essential priority for the next phase of the Irish Synodal Pathway."

Paragraph 52



Gospel Link

This week's Gospel comes from John 9:1-41.

Jesus heals the man born blind, opening his eyes to faith and light.



SCAN ME



PROCESS

Opening Prayer

- Say the opening prayer together.

Read

- Read the Gospel passage aloud followed by the two quotes from Baptised and Sent.

Reflect

- Pause for silent reflection.
- Share what stays with you from these readings.
- Listen to each other to understand.
- How do people experience our parish community as a place where healing can happen?

Respond in Action

- What concrete action or steps can I/we take to reach out to those in need of healing?

Concluding Prayer

Gracious God,

We thank you for journeying with us and for all that has been shared.

Help us to remember that we are all Baptised and Sent and give us the courage and energy to make a difference in our world.

Through Christ our Lord

Amen

Excerpt from the Gospel

"As Jesus went along, he saw a man who had been blind from birth... he spat on the ground, made a paste with the spittle, put this over the eyes of the blind man, and said to him, 'Go and wash in the Pool of Siloam.' So the blind man went off and washed himself, and came away with his sight restored."

The Gospel of the Lord

Praise to you Lord Jesus Christ

To access the full text of this week's Gospel scan the QR code on the front of this prayer resource

Excerpt from Baptised and Sent

"Believers are constantly challenged to configure their lives to the person of Christ, to encounter again and again the saving power of God's healing love."

Paragraph 80