

Reading I [1 Samuel 16:1b, 6-7, 10-13a](#)

The LORD said to Samuel: "Fill your horn with oil, and be on your way. I am sending you to Jesse of Bethlehem, for I have chosen my king from among his sons." As Jesse and his sons came to the sacrifice, Samuel looked at Eliab and thought, "Surely the LORD's anointed is here before him." But the LORD said to Samuel: "Do not judge from his appearance or from his lofty stature, because I have rejected him. Not as man sees does God see, because man sees the appearance but the LORD looks into the heart." In the same way Jesse presented seven sons before Samuel, but Samuel said to Jesse, "The LORD has not chosen any one of these." Then Samuel asked Jesse, "Are these all the sons you have?" Jesse replied, "There is still the youngest, who is tending the sheep." Samuel said to Jesse, "Send for him; we will not begin the sacrificial banquet until he arrives here." Jesse sent and had the young man brought to them. He was ruddy, a youth handsome to behold and making a splendid appearance. The LORD said, "There—anooint him, for this is the one!" Then Samuel, with the horn of oil in hand, anointed David in the presence of his brothers; and from that day on, the spirit of the LORD rushed upon David.

Responsorial Psalm [23: 1-3a, 3b-4, 5, 6](#)

R. The Lord is my shepherd; there is nothing I shall want.

The LORD is my shepherd; I shall not want. In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul. **R.**

He guides me in right paths for his name's sake. Even though I walk in the dark valley I fear no evil; for you are at my side With your rod and your staff that give me courage. **R.**

You spread the table before me in the sight of my foes; you anoint my head with oil; my cup overflows. **R.**

Only goodness and kindness follow me all the days of my life; and I shall dwell in the house of the LORD for years to come. **R.**

Reading II [Ephesians 5:8-14](#)

Brothers and sisters: You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth. Try to learn what is pleasing to the Lord. Take no part in the fruitless works of darkness; rather expose them, for it is shameful even to mention the things done by them in secret; but everything exposed by the light becomes visible, for everything that becomes visible is light. Therefore, it says: "Awake, O sleeper, and arise from the dead, and Christ will give you light."

Verse Before the Gospel [John 8:12](#)

R. Praise to you, Lord Jesus Christ, King of endless glory!

I am the light of the world, says the Lord; whoever follows me will have the light of life. **R.**

Gospel [John 9:1-41](#)

As Jesus passed by he saw a man blind from birth. His disciples asked him, "Rabbi, who sinned, this man or his parents, that he was born blind?" Jesus answered, "Neither he nor his parents sinned; it is so that the works of God might be made visible through him. We have to do the works of the one who sent me while it is day. Night is coming when no one can work. While I am in the world, I am the light of the world." When he had said this, he spat on the ground and made clay with the saliva, and smeared the clay on his eyes, and said to him, "Go wash in the Pool of Siloam" —which means Sent—. So he went and washed, and came back able to see. His neighbors and those who had seen him earlier as a beggar said, "Isn't this the one who used to sit and beg?" Some said, "It is," but others said, "No, he just looks like him." He said, "I am." So they said to him, "How were your eyes opened?" He replied, "The man called Jesus made clay and anointed my eyes and told me, 'Go to Siloam and wash.' So I went there and washed and was able to see." And they said to him, "Where is he?" He said, "I don't know." They brought the one who was once blind to the Pharisees. Now Jesus had made clay and opened his eyes on a sabbath. So then the Pharisees also asked him how he was able to see. He said to them, "He put clay on my eyes, and I washed, and now I can see." So some of the Pharisees said, "This man is not from God, because he does not keep the sabbath." But others said, "How can a sinful man do such signs?" And there was a division among them. So they said to the blind man again, "What do you have to say about him, since he opened your eyes?" He said, "He is a prophet." Now the Jews did not believe that he had been blind and gained his sight until they summoned the parents of the one who had gained his sight. They asked them, "Is this your son, who you say was born blind? How does he now see?" His parents answered and said, "We know that this is our son and that he was born blind. We do not know how he sees now, nor do we know who opened his eyes. Ask him, he is of age; he can speak for himself." His parents said this because they were afraid of the Jews, for the Jews had already agreed that if anyone acknowledged him as the Christ, he would be expelled from the synagogue. For this reason his parents said, "He is of age; question him."

So a second time they called the man who had been blind and said to him, "Give God the praise! We know that this man is a sinner." He replied, "If he is a sinner, I do not know. One thing I do know is that I was blind and now I see." So they said to him, "What did he do to you? How did he open your eyes?" He answered them, "I told you already and you did not listen. Why do you want to hear it again? Do you want to become his disciples, too?" They ridiculed him and said, "You are that man's disciple; we are disciples of Moses! We know that God spoke to Moses, but we do not know where this one is from." The man answered and said to them, "This is what is so amazing, that you do not know where he is from, yet he opened my eyes. We know that God does not listen to sinners, but if one is devout and does his will, he listens to him. It is unheard of that anyone ever

opened the eyes of a person born blind. If this man were not from God, he would not be able to do anything.” They answered and said to him, “You were born totally in sin, and are you trying to teach us?” Then they threw him out.

When Jesus heard that they had thrown him out, he found him and said, “Do you believe in the Son of Man?” He answered and said, “Who is he, sir, that I may believe in him?” Jesus said to him, “You have seen him, the one speaking with you is he.” He said, “I do believe, Lord,” and he worshiped him. Then Jesus said, “I came into this world for judgment, so that those who do not see might see, and those who do see might become blind.” Some of the Pharisees who were with him heard this and said to him, “Surely we are not also blind, are we?” Jesus said to them, “If you were blind, you would have no sin; but now you are saying, ‘We see,’ so your sin remains.

Meditation: Ephesians 5:8-14

Live as children of light. (Ephesians 5:8)

It’s no wonder St. Paul uses the analogy of light when he exhorts us to live in a manner worthy of our calling as disciples. Light is necessary to sustain life. It’s essential for the photosynthesis process so that plants can provide us with food and produce the oxygen that we need to breathe. Light helps to regulate our sleep cycle, our mood, and our hormones, and it strengthens our immune system. Put simply, it’s light that keeps us alive. Paul tells us that before we were baptized into Christ, we lived in darkness, but now that we have received his Spirit, we have his light within us. We still live in a fallen world, however, and it might seem at times that we are surrounded only by darkness. But Paul is clear about who we are in Christ: We are now “light in the Lord” (Ephesians 5:8). We aren’t just recipients of his light; we *are* light. That means that we need to “take no part in the fruitless works of darkness” (5:11). We can reject sin and commit to loving God and our neighbor. So Paul gives us some advice on what living as “children of light” looks like. He tells us to “learn what is pleasing to the Lord” (Ephesians 5:8, 10). And how do we do that? By being consistent in prayer, by pondering the Scriptures, and by staying “awake” to the Spirit (5:13). When we let Jesus shed his light into our hearts, we experience greater freedom and healing from sin. As we allow his light to shine through us, we are able to guide others to him. In the same way in which natural light is essential for our physical life, we need the spiritual light of Christ to keep our inner lives healthy. And when his light shines through us, we will produce “every kind of goodness and righteousness and truth” (Ephesians 5:9).

“Jesus, you are my light! Help me to let your light shine through me.”

SUNDAY, MARCH 15, 2026

Questions for Reflection or Discussion

1. In the first reading, the Lord speaks these words to Samuel, as he tries to discern which of Jesse’s sons the Lord has chosen to be anointed as the future king of

Israel: “Not as man sees does God see, because man sees the appearance but the LORD looks into the heart.” What do you think these words mean and what impact do you think these words had on Samuel’s decision to anoint David, the youngest of Jesse’s sons? In what ways do these words apply to us? What specific steps can you to adopt a more godly perspective in judging others?

2. The responsorial psalm, Psalm 23, begins with these very familiar words: “The LORD is my shepherd; I shall not want.” It continues with these uplifting words: “In verdant pastures he gives me repose; beside restful waters he leads me; he refreshes my soul.” What do you think the psalmist meant when he said “The LORD is my shepherd; I shall not want”? What do the words: “he refreshes my soul” mean to you? Have there been times in your life when you have actually experienced the Lord’s refreshment? How?

3. The second reading from the letter to the Ephesians opens with these powerful words: “Brothers and sisters: You were once darkness, but now you are light in the Lord. Live as children of light, for light produces every kind of goodness and righteousness and truth.” What is St. Paul trying to describe in contrasting the Ephesians’ previous condition of darkness with their current condition of “light in the Lord”? How do these words apply to us?

4. In the Gospel reading, the man healed of blindness goes from saying, “The man called Jesus made clay and anointed my eyes” to saying, “He is a prophet” and then, “If this man were not from God, he would not be able to do anything” to finally, “I do believe, Lord,” and then “he worshiped him.” In what way is the Gospel story, in addition to being a story of a miraculous healing of a blind man, also a story of conversion to Christ, including the healing of his spiritual blindness? How does this story of the blind man apply to your journey of conversion and encountering Christ?

5. The meditation says that “we are light.” Have you thought of yourself as light before? To be Christ’s light, the meditation says we need to be consistent in prayer, ponder the Scriptures, and stay “awake” to the Spirit. What steps can you take to work on just one of these for the remainder of lent?

Take some time now to pray for the strength and courage to accept that you are the light of Christ, and then to be light to others. Use the prayer from the end of the meditation as a starting point.

Saint Michael the Archangel, defend us in battle, be our protection against the wickedness and snares of the devil; may God rebuke him, we humbly pray; and do thou, O Prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.