

LENT HOUSE GROUPS 2026

SESSION 4: He has opened my eyes



“For with you is the fountain of life; in your light do we see light.”
- Psalm 36:9

Enter the Sacred Space (5 minutes)

The leader invites all to enter into a prayerful presence to the Holy Spirit, whose guidance we seek during our time together. During this prayerful silence, we give thanks for the opportunity of this time together, for the presence and gift of each other and ask for the grace of the Spirit to flow unimpeded during the session. All pray in silence for all, that each may receive light and healing

Pray and Share (15 minutes)

Leader: We gather in the name of the Father:

At whose mighty word light was born.

Leader: We gather in the name of the Son:

Whose touch brought light to eyes and minds: teaching people to see beyond blinkers and prejudice, to see truth and be unafraid of speaking up for it.

Leader: We gather in the name of the Spirit:

Given to the world to enlighten God's people, lighting their path to follow God's way.

In a period of calm and a space of trust, each one of us is invited to share briefly one thing that has happened in the past week or your hopes for the week ahead. It could be one thing that has given you cause for concern, something shared during the last time you met as a group or something that has given you cause to celebrate.

In this moment of peace and fellowship, we pray for the good of the group. Each member is invited to offer up any personal intentions. We also pray for the good of the Church, for wisdom in our country and for the common good. Let us also bring to mind the poor, the sick and those who have died. We join together in praying:

Our Father, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation but deliver us from evil. Amen

Spiritual Reading and Contemplation (15 minutes)

What follows is the practice of spiritual reading and journaling that we can choose to generously share with each other. Each week includes a scripture passage, a poem and a picture. Read through the materials once as a group and then each person reflects on the material in silence.

Scripture Reading

John 9:1, 6-9, 13-17, 34-38

At that time: As Jesus passed by, he saw a man blind from birth. He spat on the ground and made mud with the saliva. Then he anointed the man's eyes with the mud and said to him, 'Go, wash in the pool of Siloam' (which means Sent). So he went and washed and came back seeing.

The neighbours and those who had seen him before as a beggar were saying, 'Is this not the man who used to sit and beg?' Some said, 'It is he.' Others said, 'No, but he is like him.' He kept saying, 'I am the man.'

They brought to the Pharisees the man who had formerly been blind. Now it was a Sabbath day when Jesus made the mud and opened his eyes. So the Pharisees again asked him how he had received his sight. And he said to them, 'He put mud on my eyes, and I washed, and I see.' Some of the Pharisees said, 'This man is not from God, for he does not keep the Sabbath.' But others said, 'How can a man who is a sinner do such signs?' And there was a division among them. So they said again to the blind man, 'What do you say about him, since he has opened your eyes?' He said, 'He is a prophet.' They answered him, 'You were born in utter sin, and would you teach us?' And they cast him out.

Jesus heard that they had cast him out, and having found him he said, 'Do you believe in the Son of Man?' He answered, 'And who is he, sir, that I may believe in him?' Jesus said to him, 'You have seen him, and it is he who is speaking to you.' He said, 'Lord, I believe', and he worshipped him.

Poem

Miracles - Walt Whitman

Why, who makes much of a miracle?
As to me I know of nothing else but miracles,
Whether I walk the streets of Manhattan,
Or dart my sight over the roofs of houses toward the sky,
Or wade with naked feet along the beach just in the edge of the water,
Or stand under trees in the woods,
Or talk by day with any one I love, or sleep in the bed at night with any one I love,
Or sit at table at dinner with the rest,
Or look at strangers opposite me riding in the car,
Or watch honey-bees busy around the hive of a summer forenoon,
Or animals feeding in the fields,
Or birds, or the wonderfulness of insects in the air,
Or the wonderfulness of the sundown, or of stars shining so quiet and bright,
Or the exquisite delicate thin curve of the new moon in Spring;
These with the rest, one and all, are to me miracles,
The whole referring, yet each distinct and in its place.

To me every hour of the light and dark is a miracle,
Every cubic inch of space is a miracle,
Every square yard of the surface of the earth is spread with the same,
Every foot of the interior swarms with the same.

To me the sea is a continual miracle,
The fishes that swim—the rocks—the motion of the waves—the
ships with men in them,
What stranger miracles are there?

Picture

Healing of the Man Born Blind - El Greco



Potential Discussion Topics

- When have you been blinded by disbelief, cynicism, arrogance or bigotry? What, if anything, helped you to realise this?
- When have you failed to see what is really important, what is really in front of your eyes, because you refused to be open or see the truth?
- Have you ever refused to accept an insight because it came from an unexpected person or event?
- When do you fail to show your joy and gratitude to God?

Journal Notes

Optionally use this page to record your thoughts during your time of reflection

Conversation and Sharing (15 minutes)

Each person is invited to briefly share any thought or insight related to the materials that came to them during their time of reflection. This could be in the form of a simple phrase, a prayer that came to mind, an image or any other insight. It is also permissible to simply respond with silence and no one is obliged to speak.

Conclusion (5 minutes)

The leader can optionally summarise the main insights that have been shared and the meeting concludes with prayer:

Heavenly Father, as we have gathered in the warmth of this house, we thank you for this season of Lent. A time of prayer, fasting, almsgiving and reflecting on your suffering, death and resurrection. We ask you to use this time to draw us closer to your heart in deeper union with you and each other. May the lessons we learn transform us into your disciples, ready to carry your light into a world in need. We ask this through Christ our Lord.

Amen