

# FOURTH SUNDAY OF LENT

**A**ddiction to lust often thrives in secrecy and distortion. Over time, our perception of ourselves and others can become warped. We may reduce people to images. We may numb loneliness with fantasy. We may tell ourselves that what happens in private does not affect our spiritual life. Gradually, we lose sight of our dignity and the dignity of others, and we begin to live divided, presenting one image publicly while hiding another in the dark.

The gospel for this Sunday offers a powerful image of healing (John 9:1, 6-9):

*As Jesus passed by he saw a man blind from birth. 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.”*

The man did not heal himself. He submitted to Christ’s touch and followed simple instructions. For those recovering from lust addiction, that humility is essential. We admit that our vision has been compromised. We acknowledge that secrecy has darkened our hearts. Step One invites us to confess powerlessness not only over behavior, but over the distorted way we have learned to see. Left to ourselves, we return to the same places and call it “relief.”

Saint Paul writes in the second reading (Ephesians 5:8-10):

*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.*

Living in the light is both the challenge and the remedy. Shame tells us to hide. Pride tells us we can manage privately. Fear tells us that if others knew the full story, we would be rejected. Yet healing begins when we bring our struggles into honest conversation with God and trusted companions. Confession, accountability, and sponsorship are not punishments. They are pathways to restored sight. When we speak the truth out loud, the spell of secrecy begins to break.

As beloved children of God, we are called to see others as persons created in His image, not as objects for consumption. This shift does not happen overnight. It unfolds through daily practices that resemble the blind man’s washing. We guard our eyes. We limit access to triggering content and situations. We reach out before temptation grows. We pray, especially when we feel restless, lonely, or angry. We return to meetings even when we feel discouraged. Each small act of obedience is a step into the light.

Lent is a season of purification. Fasting can become more than willpower. It can be a way of making space for true desire: communion with God and authentic intimacy with others. When we abstain from what feeds compulsion, we can finally notice what we are actually longing for. In the Eucharist, Christ offers Himself to us without using us. He teaches us love that is free, faithful, and life-giving. Over time, our hearts learn a new language.

Recovery from lust addiction is not simply about stopping behavior. It is about receiving a new identity and a new way of seeing. Today we can ask Jesus to continue healing our sight. We can choose honesty over isolation, accountability over fantasy, and hope over despair. The One who restored vision once still restores vision now.

## REFLECTION QUESTIONS

- When have you noticed secrecy or distorted thinking shaping your choices and relationships?  
\_\_\_\_\_  
\_\_\_\_\_
- What practices help you live more fully as a beloved child of God walking in the light?  
\_\_\_\_\_
- How is Christ inviting you to see yourself and others differently in this season of recovery?  
\_\_\_\_\_

## MASS READINGS

**FIRST READING** 1 Samuel 16:1b, 6-7, 10-13a

**RESP. PS.** Psalm 23: 1-3a, 3b-4, 5, 6

**SECOND READING** Ephesians 5:8-14

**GOSPEL** John 9:1-41

