

5th Sunday Lent

John 8:1-11

'Let him who is without sin among you be the first to throw a stone at her.'

At that time: Jesus went to the Mount of Olives. Early in the morning he came again to the temple. All the people came to him, and he sat down and taught them. The scribes and the Pharisees brought a woman who had been caught in adultery, and placing her in the midst they said to him, 'Teacher, this woman has been caught in the act of adultery. Now in the Law, Moses commanded us to stone such women. So what do you say?' This they said to test him, that they might have some charge to bring against him. Jesus bent down and wrote with his finger on the ground. And as they continued to ask him, he stood up and said to them, 'Let him who is without sin among you be the first to throw a stone at her.' And once more he bent down and wrote on the ground. But when they heard it, they went away one by one, beginning with the older ones, and Jesus was left alone with the woman standing before him. Jesus stood up and said to her, 'Woman, where are they? Has no one condemned you?' She said, 'No one, Lord.' And Jesus said, 'Neither do I condemn you; go, and from now on sin no more.'

Reflection

In this story, a woman is caught in a mistake and brought before Jesus. The crowd wants to punish her, but Jesus says, "Let anyone who has never done anything wrong throw the first stone." Realising they too have made mistakes, the crowd walks away, leaving Jesus alone with the woman.

This moment challenges us to think about how we treat others when they make mistakes. Jesus doesn't judge her; instead, He shows her compassion and gives her a chance to change. He teaches us that no one is perfect, and we shouldn't be quick to judge others.

In society, people are often judged or treated unfairly for their mistakes. As we reflect on this story, we're reminded that we have a responsibility to act with justice and compassion—especially for those who are overlooked or unfairly treated. Let's think about how we can stand up for others, show kindness, and not be quick to judge, just like Jesus.

Materials needed

- Copy of St Vincent de Paul's lightbulb quotation (either on a poster or for each member of the group)
- Pens and paper
- Lightbulbs Printed and cut out

Activity

St Vincent de Paul said this:

'Make it a practice to judge persons and things in the most favourable light at all times and under all circumstances.'

Take a moment to think about what St Vincent de Paul was trying to say.

- What do you think favourable light looks like?
- What do you think it feels like?

Talk through together things that you could do to help the people that you encounter feel that they have been seen in the best possible light. How can you help people to feel accepted for who they are? On a lightbulb, write or draw a message of acceptance.

Call to Action

- Place your lightbulbs of acceptance throughout the school or parish, in corridors, common areas, and entrances, where they can uplift and inspire everyone who passes by.
- Consider extending your lightbulbs to other community spaces where people might appreciate seeing these messages; local care home, primary school, or refugee centre.



