



ARCIDIOCESI DI ROSSANO - CARIATI
Ufficio Catechistico Diocesano

Quaresima: un cammino di conversione



Quinta Domenica di Quaresima

15 marzo 2026
Quarta domenica di Quaresima

Parola di Dio

“Le disse Gesù: «Non ti ho detto che, se crederai, vedrai la gloria di Dio?»”.

Giovanni 11, 40

Riflessione

In questa ultima domenica di Quaresima siamo invitati a contemplare il grande segno della risurrezione di Lazzaro, anticipazione e profezia della Risurrezione di Gesù. Lazzaro giace nel sepolcro da quattro giorni, e colpisce che Gesù non fosse presente al momento della sua morte: non è assenza, ma un disegno preciso, volto a suscitare e rafforzare la fede dei discepoli.

Accanto al dolore delle sorelle, Marta e Maria, emerge anche il pianto di Gesù: lacrime che rivelano un amore autentico, un'amicizia profonda e la piena solidarietà di Dio con l'uomo. Ma Gesù non si ferma al dolore: attraverso questo evento compie un segno straordinario della misericordia divina.

Egli invita Marta a credere con fermezza, perché solo nella fede si può riconoscere la gloria di Dio. Quando la pietra viene tolta, Gesù prega il Padre e chiama Lazzaro a uscire dal sepolcro, manifestando così la sua signoria sulla morte.

Infine, Gesù ordina di scioglierlo dalle bende e lasciarlo andare. Questo gesto parla anche a noi: siamo chiamati a liberarci dalle bende del cuore, l'egoismo, la freddezza, l'indifferenza, la morte dei sentimenti, per tornare a vivere pienamente, camminando verso il Padre e verso i fratelli.

Francesco parla

Con fiducia l'uno manifesti all'altro le proprie necessità, perché l'altro gli trovi le cose necessarie e gliele dia. E ciascuno ami e nutra il proprio fratello *come la madre ama e nutre il proprio figlio*, in tutte quelle cose in cui Dio gli darà grazia.

Regole ed esortazioni 37

Impegno

In questa ultima settimana di Quaresima desidero impegnarmi a sciogliere dal mio cuore tutte quelle “bende” che mi impediscono di vivere in pienezza la mia fede, da credente innamorato del Signore.

Voglio, inoltre, percorrere con maggiore determinazione le tre vie maestre della Quaresima: la preghiera, il digiuno e l'elemosina, perché la mia vita diventi sempre più autentica al Suo amore.

Preghiera

O Padre, donaci di vivere, sull'esempio di Gesù, un amore vero e originale verso di Te, fatto di opere e parole che sappiano raccontare la gioia di dimorare nella Tua presenza.

Insegnaci a costruire relazioni vere e profonde, come quelle che Gesù visse con Lazzaro, Marta e Maria, perché possiamo testimoniarti ogni giorno, nella semplicità della nostra vita, attraverso un amore fraterno e sincero. Amen.

Preghiera di Papa Francesco a San Francesco d'Assisi

San Francesco,

uomo piagato dall'amore crocifisso nel corpo e nello spirito,
guardiamo a te, decorato delle sacre stimmate.

per imparare ad amare il Signore Gesù,
i fratelli e le sorelle con il tuo amore, con la tua passione.

Con te è più facile contemplare e seguire

Cristo povero e Crocifisso.

Donaci, Francesco,

la freschezza della tua fede.

la certezza della tua speranza,

la dolcezza della tua carità.

Intercedi per noi.

perché ci sia dolce portare i pesi della vita

e nelle prove possiamo sperimentare

la tenerezza del Padre e il balsamo dello Spirito.

Le nostre ferite siano sanate dal Cuore di Cristo,

per diventare, come te, testimoni della sua misericordia,

che continua a guarire e a rinnovare la vita

di quanti lo cercano con cuore sincero.

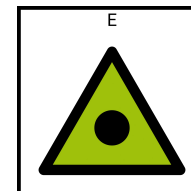
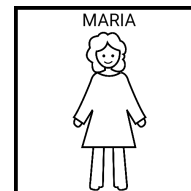
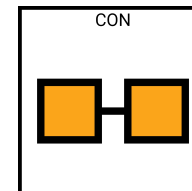
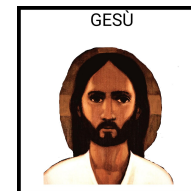
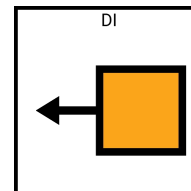
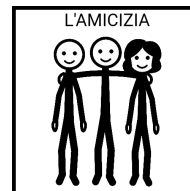
O Francesco, reso somigliante al Crocifisso,

fa' che le tue stimmate siano per noi e per il mondo

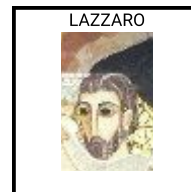
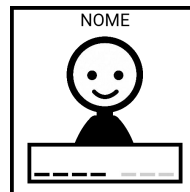
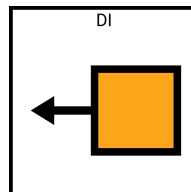
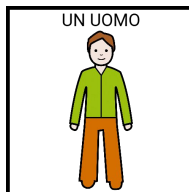
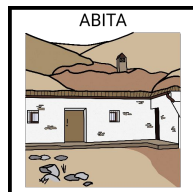
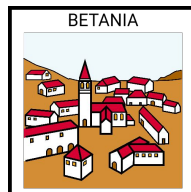
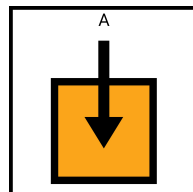
segnali splendidi di vita e di risurrezione,

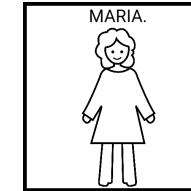
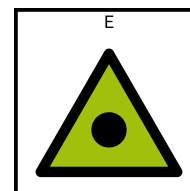
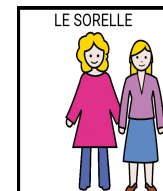
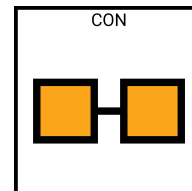
che indichino vie nuove di pace e di riconciliazione.

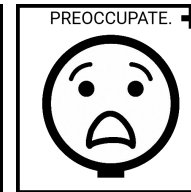
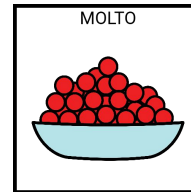
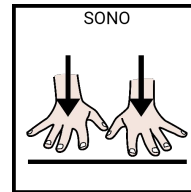
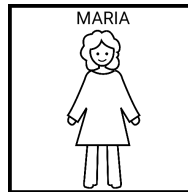
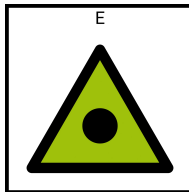
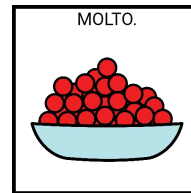
Amen.

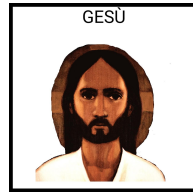
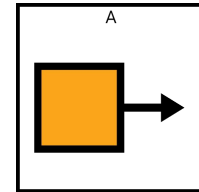
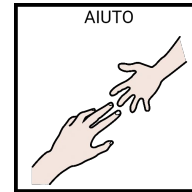
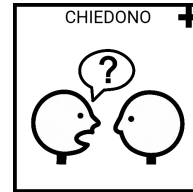
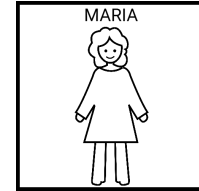
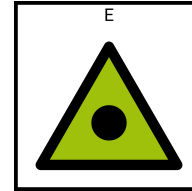


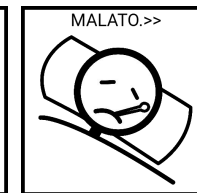
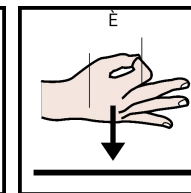
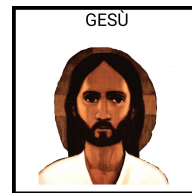
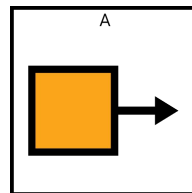
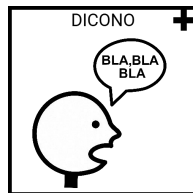
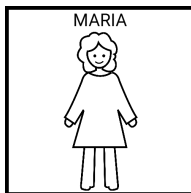
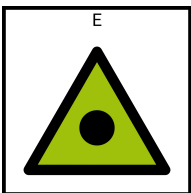
Giovanni 11,3

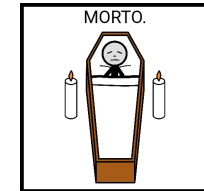
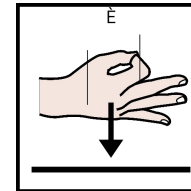
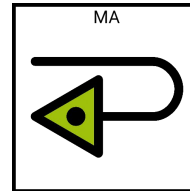
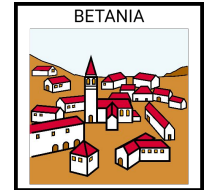
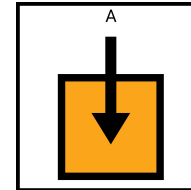
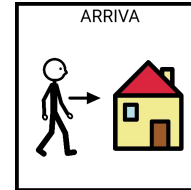
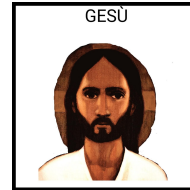


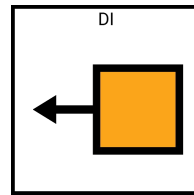
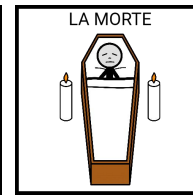
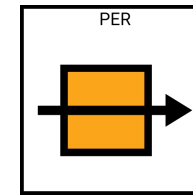
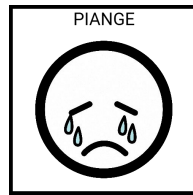
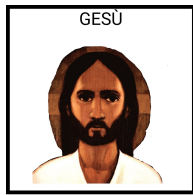
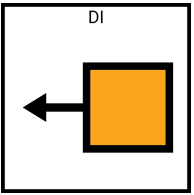
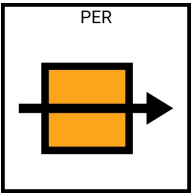
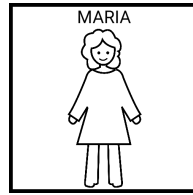
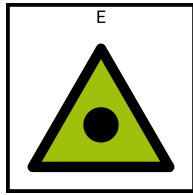


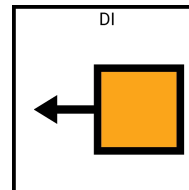
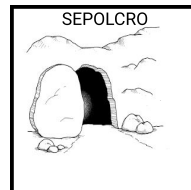
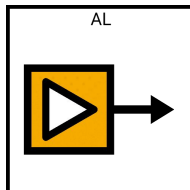
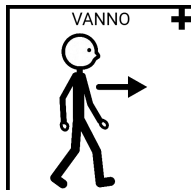
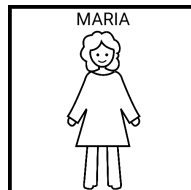
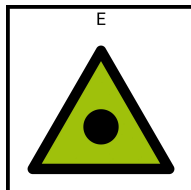
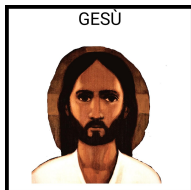


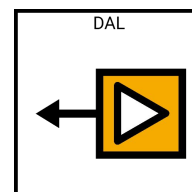
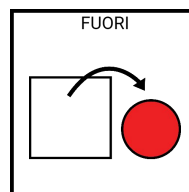
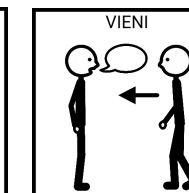
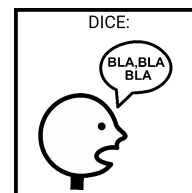
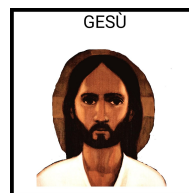
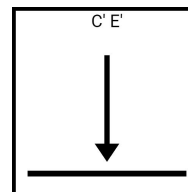
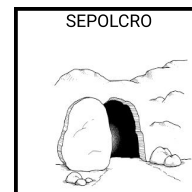
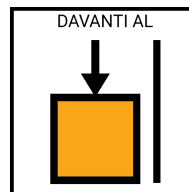


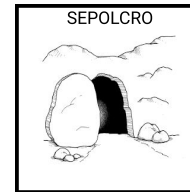
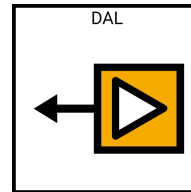
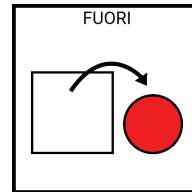
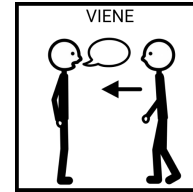
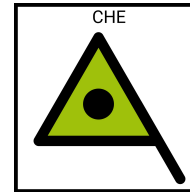
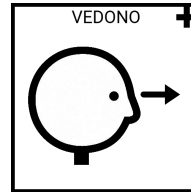
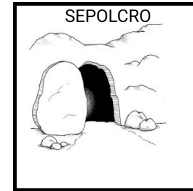
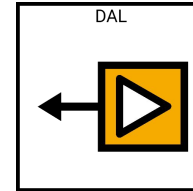
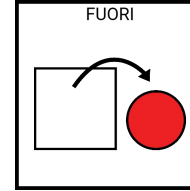
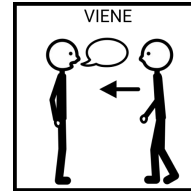
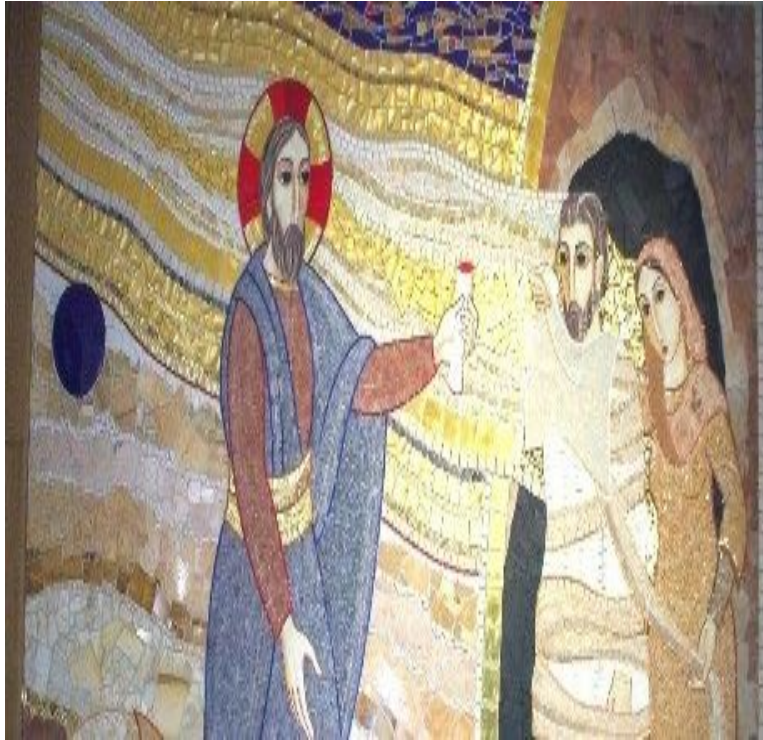


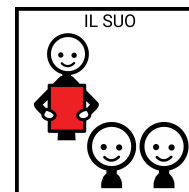
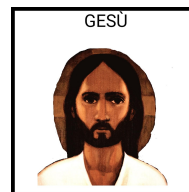
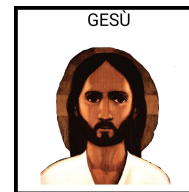
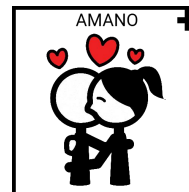
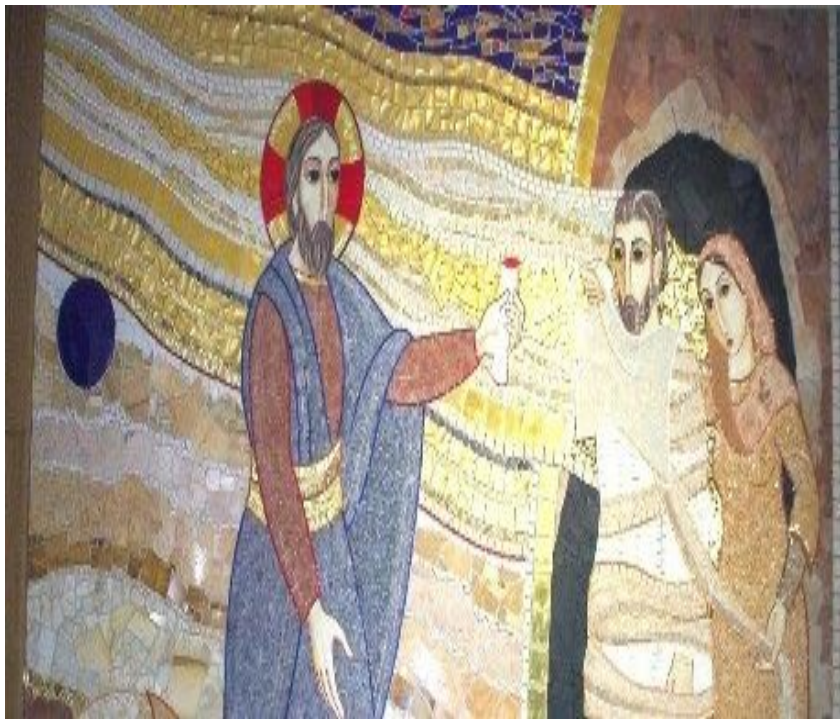


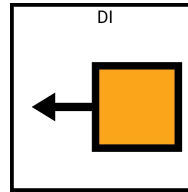












QUINTA DOMENICA

5



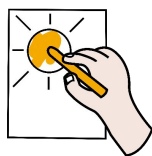
DOMENICA DI QUARESIMA



RITAGLIA



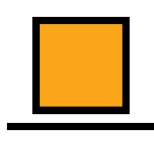
COLORA



INCOLLA



SU



CARTONCINO



VERDE



