

The Fourth Sunday of Great Lent

On the fourth Sunday of Lent, we commemorate St. John Climacus, also known as St. John of the Ladder. He authored the renowned book *The Ladder of Divine Ascent*, which outlines how we can draw nearer to God step by step, akin to climbing a ladder to heaven. Each step signifies a Christian virtue, such as prayer, humility, patience, and love.

Sunday of St. John Climacus



WHY IS IT IMPORTANT?

St. John teaches us that becoming holy doesn't happen all at once—it requires effort, much like climbing a ladder. Sometimes we struggle and make mistakes, but if we keep trying and asking God for help, we will continue to move upward. Lent is a special time to take steps toward God by praying more, being kinder, and trusting Him.

DO YOU KNOW HOW WE CAN APPLY THIS TODAY?

Every good action we take is like climbing one more rung on the ladder toward God. We may not be perfect, but we can always take small steps to improve!



ACTION!

For Children

- Create a "Ladder to God" and write down one good action on each step you can take this week (for example, pray, obey your parents, be kind, share, apologize).
- Try to take one step closer to God by practicing patience or saying a special prayer



FOR PARENTS

- Read or summarize a story about St. John Climacus and explore how we can develop spiritually, one step at a time.
- Encourage your child to think about their "ladder to God" by establishing a small Lenten goal to work on together.