

### 2nd Sunday of Lent

**First Reading:** Genesis 12: 1-4a  
**Responsorial Psalm:** Psalm 33: 4-5,18-19,20,22  
**Second Reading:** 2 Timothy 1: 8b-10  
**Gospel:** Matthew 17: 1-9

## 1. HEAR

Gospel Reflection Page (by Bishop O'Connell): [HERE](#)

**Option 1:** Proclamation of the Gospel for Children in video format: [HERE](#) (YouTube - Holy Heroes, 2:50 min)

**Option 2:** Proclamation of the Gospel for Adults in video format: [HERE](#) (YouTube, 1:43 min)

**Opening Prayer:** *Lord Jesus, send your Spirit to help us read the Bible in the same way You read it to your disciples. May your word guide us so that we too may bear witness that you are alive in our midst. Amen.*

## 2. PRAY

In today's Gospel, we hear about the day when Jesus granted to some of his disciples a beautiful gift: he revealed himself to them in all his glory, as the Son of God.



We Christians remember this passage as the Day of the Transfiguration, because he was transfigured before their eyes, and they witnessed Jesus' divinity and heard from the Father how pleased he was with him.

Gather with your family around your Lenten prayer space and together take time to pray as follows:

1. Ask each person to close their eyes and take time to think about how they imagine Jesus, what he looks like for them.

Share with us how you are living out your faith at home. Use #LACatholicsBelieve and tag @LACatholics on social media.

2. Provide a small piece of paper and ask all to make a drawing of what they think Jesus looks like. Children and youth may use colors and markers if they wish to.

3. When all have completed their drawing, invite each person to talk to Jesus in their heart to ask that they are each transfigured into Him, that they each become another Jesus on earth for their family, their friends, their neighbors, etc.

4. Close this time of prayer by placing the images of Jesus on or around your Lenten prayer space. If desired, you can sing a song to Jesus that everyone knows. Here's a beautiful option that can be played in a cellphone – [The Jesus Prayer, John Michael Talbot](#)

The lyrics to that song can be found [Here](#)

## 3. TALK

In our Baptism we were all "clothed in Christ" with a white garment and then anointed prophets, priests, and shepherd-kings to carry on the mission of Jesus in the world. By our participation in the Eucharist week after week, we are slowly being transfigured into his image and likeness and are sent out to show the world the merciful love of our Lord for the world by our words, actions, and deeds.

Pair with another person and share with them what areas in your life need to be transfigured by the love of Jesus. Focus on the areas of your life that are shared with those in your household, such as leisure time, mealtime, prayer time, family sharing time, etc. Parents may want to pair with a child to help guide the conversation.

When all have shared, an adult guides the family in the next actions that appear in the section that follows.

### Faith@Home Lenten Practices

**Pray:** Think of someone they know, who is experiencing a difficult situation at this moment. What are the consequences that person must deal with every day? As family, make a commitment to pray for that person the rest of this week.

**Fast:** It is easy not to help when we think we can't do much to alleviate someone's troubles. In our Catholic Church, we speak of "sins of omission" when we don't do what we can to help someone who is in need. Brainstorm something specific your family can do to help the person you identified. It may be something easy as making a call or having a conversation with that person, or maybe the family can provide a meal or help with a chore, etc. An adult keeps track of the ideas being shared.

**Almsgiving:** Ask the family to vote on the various ideas that were presented to see which one they can select to put into action and help that person in their lives who needs their help.