

2nd Sunday in Lent

March 1st, 2026

# FAITH @ HOME

## 2nd Sunday in Lent

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

[Full Readings can be found here!](#)

### 1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). *(Bishop O'Connell's Gospel Reflection page.)*

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). *(YouTube, 德蘭社 channel, 1:43 min)*

Children can also watch a video proclamation of the Gospel by clicking [HERE](#). *(YouTube, Prayer & Penguins, 1:37 min.)*

### 2. PRAY

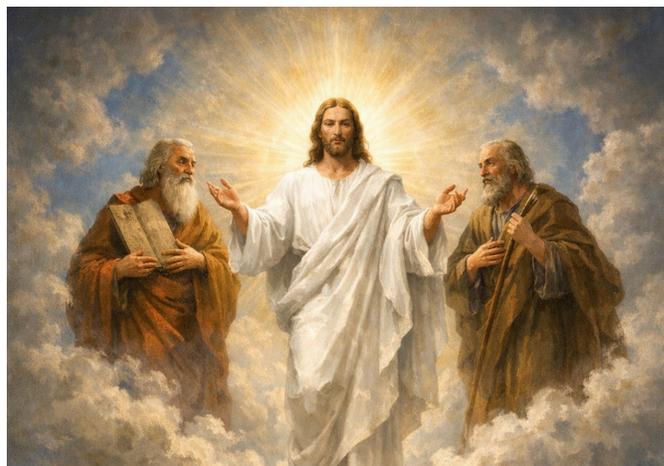
In today's Gospel, we hear about the day when Jesus granted to some of his disciples a beautiful gift: he revealed himself to them in all his glory, as the Son of God.

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.
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 reciting together the Our Father.



### 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.

**Pray:** As a family, commit to praying for a person in need throughout this week.

**Fasting:** As a family, think of something you are going to "fast" about for the rest of the week.

**Almsgiving:** As a family, take up a collection to help a family in need. Their collection could be money, food, clothing, etc.



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

Archdiocese of Los Angeles

Office of Religious Education

ore@la-archdiocese.org; [www.lacatholics.org/religious-education](http://www.lacatholics.org/religious-education)