

The
Season
of
Lent



Lent IS A TIME TO
GROW
CLOSER TO JESUS

Prayer • Sacrifice • Good Works



LENT

A TIME OF PREPARATION

Good morning
everyone!

Fast



Give



Prepare



Pray



Let us start our worship
this morning by each
one of us making the
sign of the cross.



The Sign of the cross
In the name of the Father,
and of the Son
and of the Holy Spirit.
Amen

The Lord be with you



AND WITH
YOUR SPIRIT.



Lift up your hearts.



We lift them up
to the Lord.



Let us give thanks to the
Lord our God.



It is right and
just.

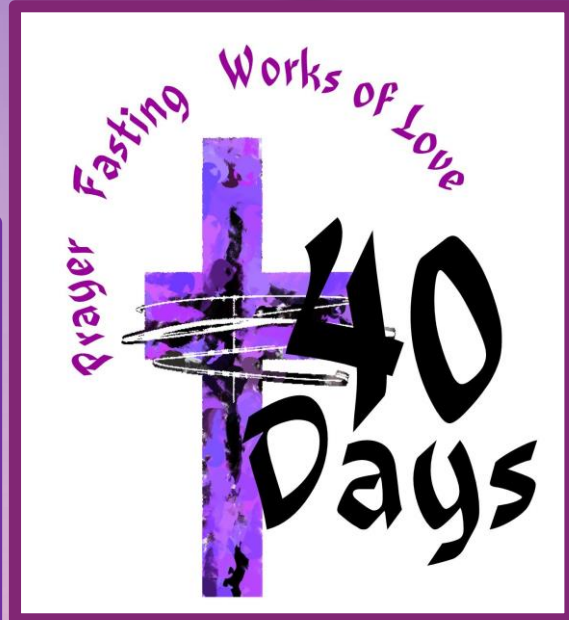


Welcome

Today we hear a voice from the clouds saying “This is my Son, the Beloved. Listen to him.”

How do we listen to Jesus in our lives?
And how do we respond to what we hear
about Jesus?

Let’s think a bit more about that today.



Gospel: Mark 9:2-10

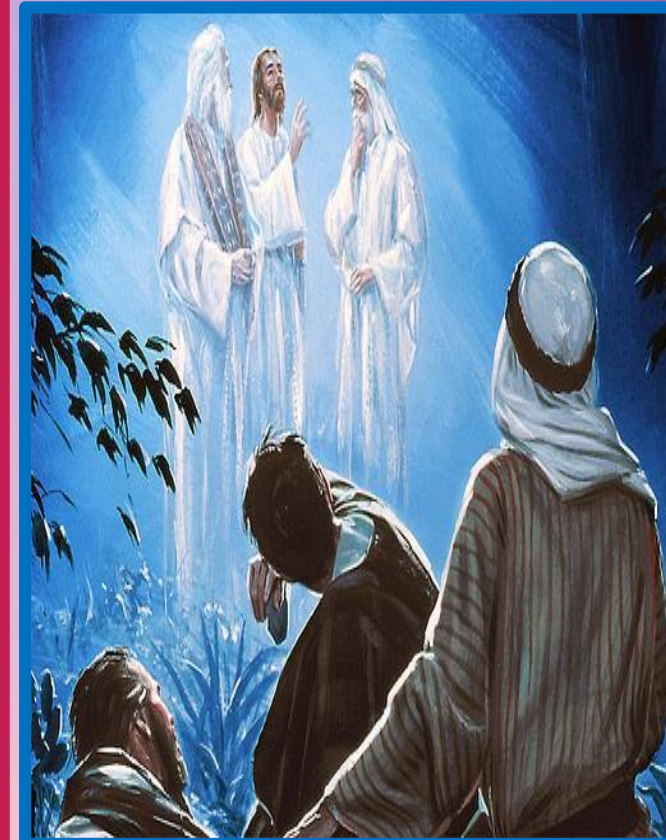
Six days later Jesus took with him Peter, James, and John, and led them up a high mountain, where they were alone.

As they looked on, a change came over Jesus, and his clothes became shining white—whiter than anyone in the world could wash them.

Then the three disciples saw Elijah and Moses talking with Jesus.

Peter spoke up and said to Jesus, “Teacher, how good it is that we are here!

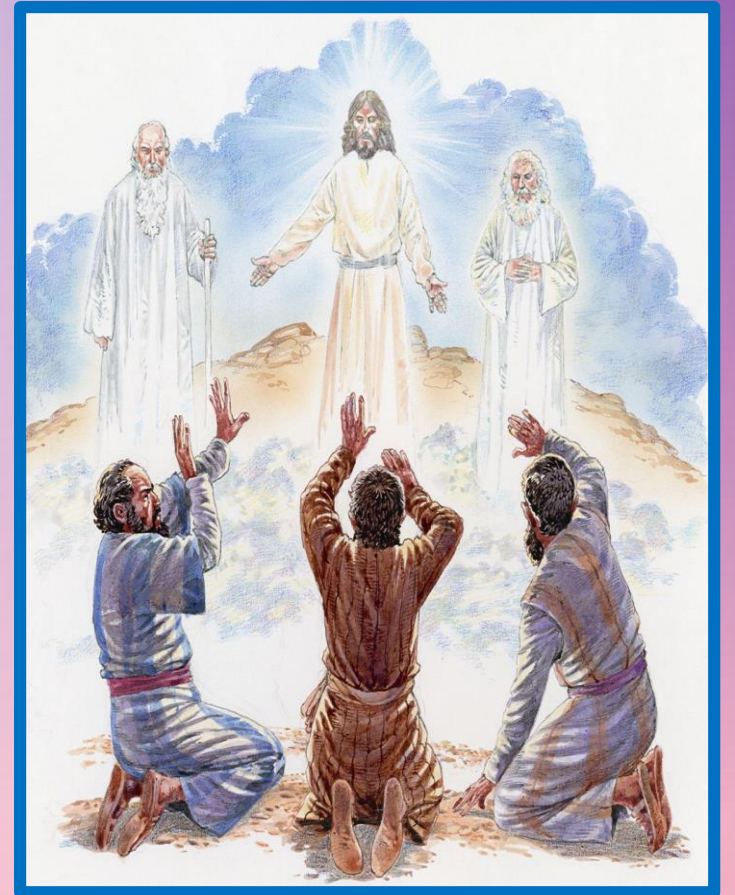
We will make three tents, one for you, one for Moses, and one for Elijah.” He and the others were so frightened that he did not know what to say.



Gospel: Mark 9:2-10

Then a cloud appeared and covered them with its shadow, and a voice came from the cloud, “This is my own dear Son—listen to him!” They took a quick look around but did not see anyone else; only Jesus was with them.

As they came down the mountain, Jesus ordered them, “Don't tell anyone what you have seen, until the Son of Man has risen from death.”



Gospel reflection

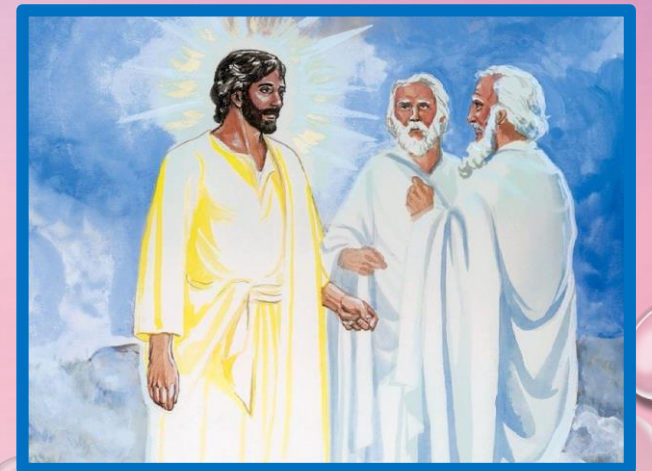
What do you remember from today's reading?

Jesus went up a mountain to be alone with his friends, the disciples Peter, James and John.

While he was on the mountain, a great change came over him.

How did Peter, James and John feel when they saw the change that had happened to Jesus?

His clothes became bright and shining white and Elijah and Moses appeared and talked to him. Do you know who they were?



Gospel reflection

Can you close your eyes, sit very still and listen for a minute?

Could we, for example, pray more often, or perhaps listen to the gospel stories very carefully?

What could you hear around you?

You can hear so much more when you really take time to listen.

So how do you think we can best listen to what Jesus has to say to us in our lives?

If we listen to Jesus and spend time with God in our hearts then we too can let our true light shine brightly. For example, we could be kinder to other people, or extra helpful.



Gospel reflection

God asks us to be kind and generous to others and treat them as we would like to be treated.

In Lent we spend extra time praying and we think about how we can help other people.

Do you think you could listen to God more this Lent? How?



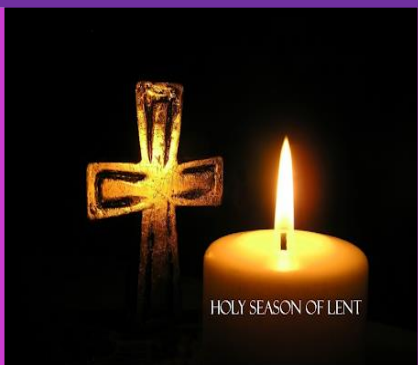
Let us Pray



Dear God of life,

Help us to listen to your Son Jesus and to live our lives as he asks us, making a real change to ourselves and the lives of all we meet.

Amen.



THIS WEEK, I WANT YOU ALL TO THINK ABOUT YOUR ACTIONS
AND HOW YOU CAN SHOW THAT YOU ARE FOLLOWING
JESUS' EXAMPLE IN THE THINGS THAT YOU DO.

