

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

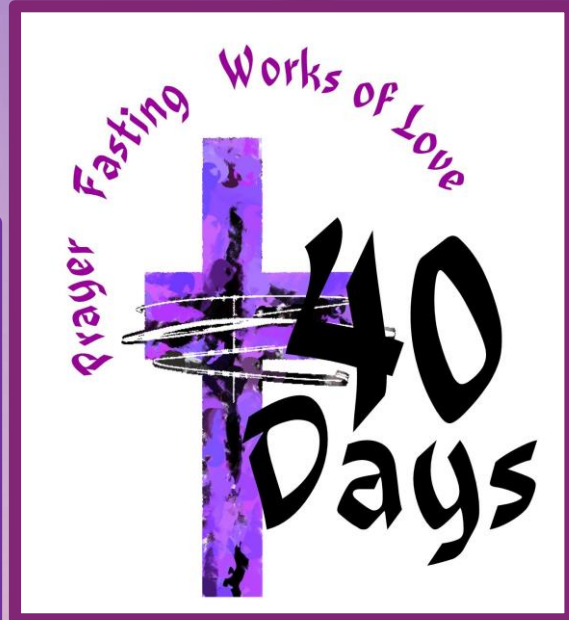


# Welcome

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.



# Opening prayer



Dear God of mercy,

You ask us to listen to your Son, Jesus.

Open our ears to hear your Word and fill our hearts with your love so that we may change our lives and so change the lives of others.

Amen.



# Gospel: Mark 9:2-10

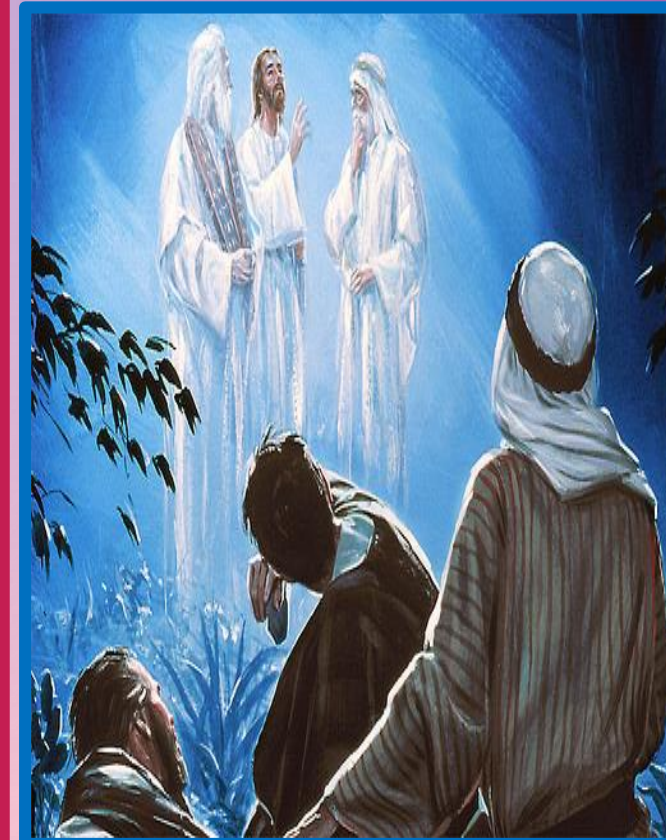
Six days later Jesus took with him Peter, James, and John, and led them up a high mountain, where they were alone.

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.



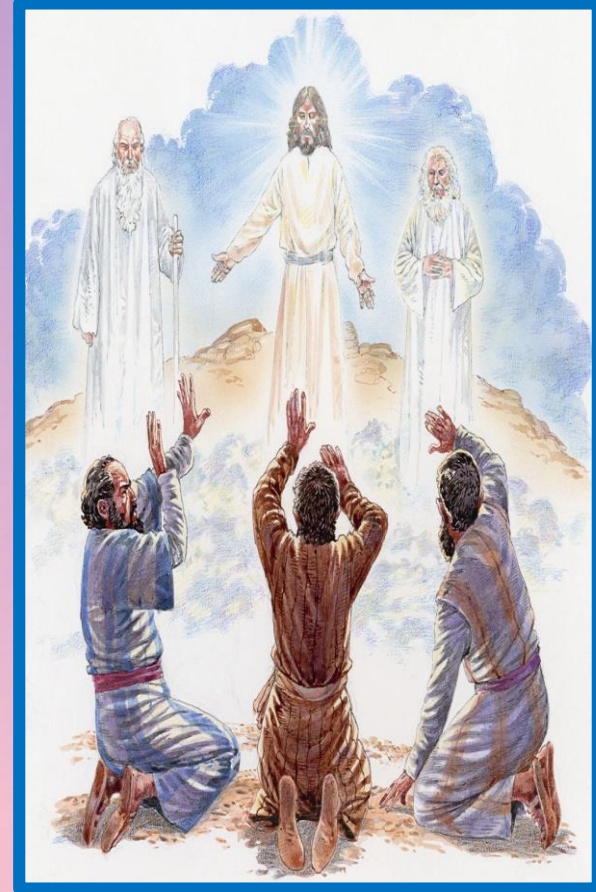
# Gospel: Mark 9:2-10

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.”

They obeyed his order, but among themselves they started discussing the matter, “What does this ‘rising from death’ mean?”



# 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.

His clothes became bright and shining white and Elijah and Moses appeared and talked to him.

Do you know who they were?

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

Why were they frightened?

## Gospel reflection

Then a cloud came over and Jesus's friends heard a voice, saying "This is my Son, the Beloved. Listen to him."

Whose voice do you think this was?

What do you think Peter, James and John must have felt when they heard God speaking to them from the cloud?

On the mountain the disciples saw Jesus's true loving self shining like the rays of the sun.

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

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



**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?**

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





# Gospel reflection



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

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

What will you do to try and live more as God wants?

In Lent we spend extra time praying and we think about how we can help other people, and in this way let our true light shine out from inside us.



# Let us Pray



As we try to change our lives, we pray together:  
We pray for our school community, our parish, family and friends: that we may take the time to listen to what God asks of us and change ourselves to be brighter and kinder people who always help others.

Lord in your mercy...

**All Response : Hear our prayers**

We pray for all people who are poor: that they may have the chance to change their lives for the better. Lord, in your mercy...

**All Response : Hear our prayers**

We pray for world leaders: that they may make wise decisions for the good of all people in the world. Lord, in your mercy...

**All Response : Hear our prayers**



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.

