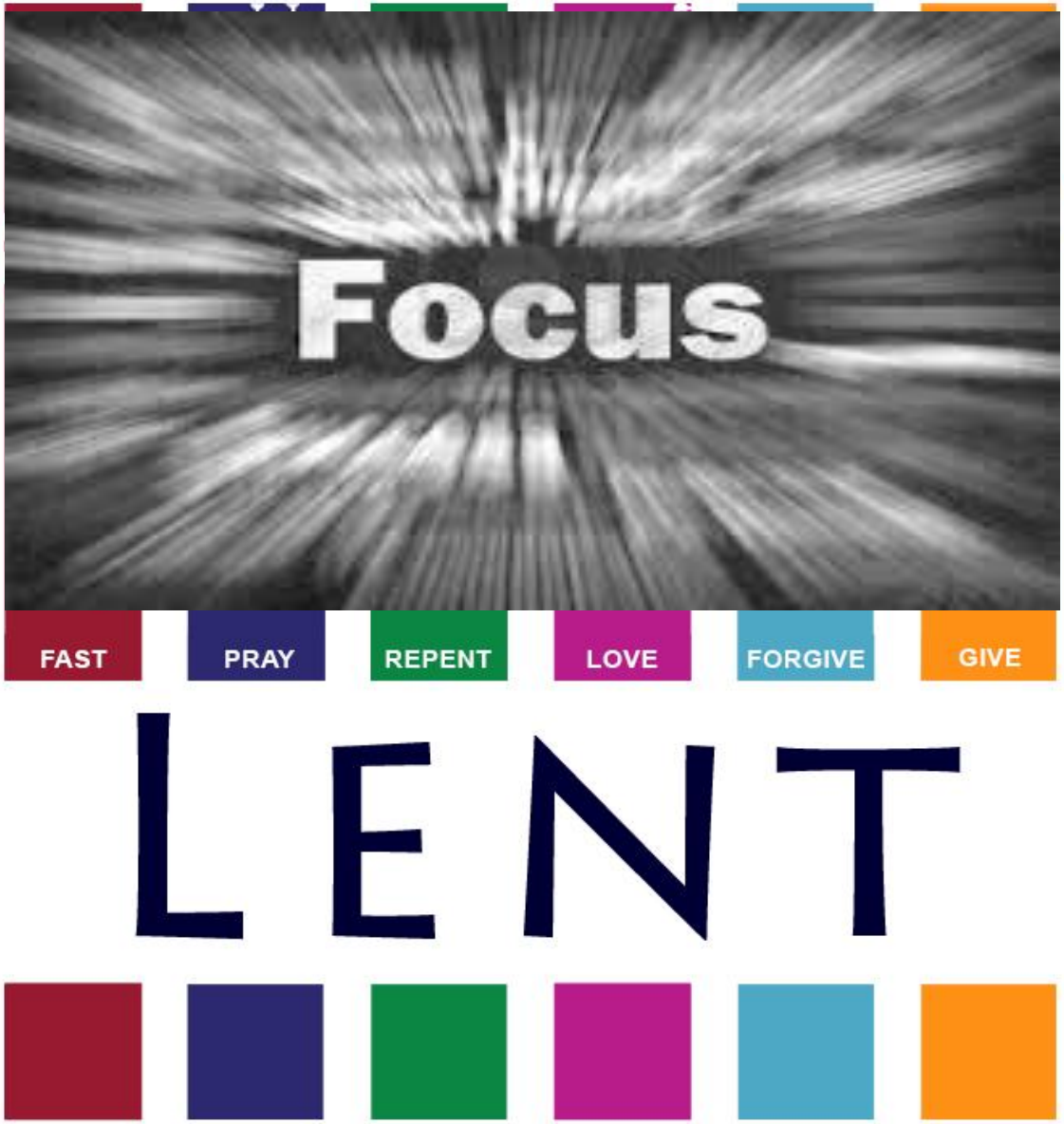
Prayer Resources Week 23 Monday 2nd March



This Sunday's Gospel Reading
2nd Sunday in Lent Year A
(Matthew 17: 1-9)

At that time: Jesus took with him Peter and James and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only. And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

The Gospel of the Lord

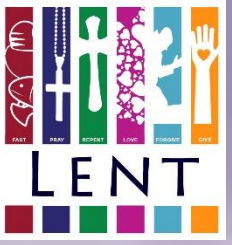
Prayer One

The Sign of the Cross

Let us remember that everything we do is In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Reflection

In this week's readings at Mass, we hear the story of the Transfiguration, when Jesus went up to the top of a mountain with a few of his disciples and something amazing happened



While they were at the top of the mountain Jesus' face and cloths started glowing and appeared in a brilliant white light. Moses and Elijah - two important figures from the past - then appeared next to Jesus and started talking to him.

Eventually, Moses and Elijah disappeared and only Jesus remained.

This event showed the disciples how important Jesus was and also how he had taken over the work of the important people of the past, like Moses and Elijah.

It is easy for us to forget how important Jesus is to us. Everything in our faith and our life centres on him and it is easy to forget or lose focus

Sometimes we need to be reminded, and Lent can be a great time to give ourselves that reminder and to have a new FOCUS

Final Prayer

Loving Father,

May we never forget that you love us so much that you sent your only Son to walk alongside us. May we never forget what he did for us and may we never forget the amazing people you made us to be. May we always live our lives with gratitude and love.

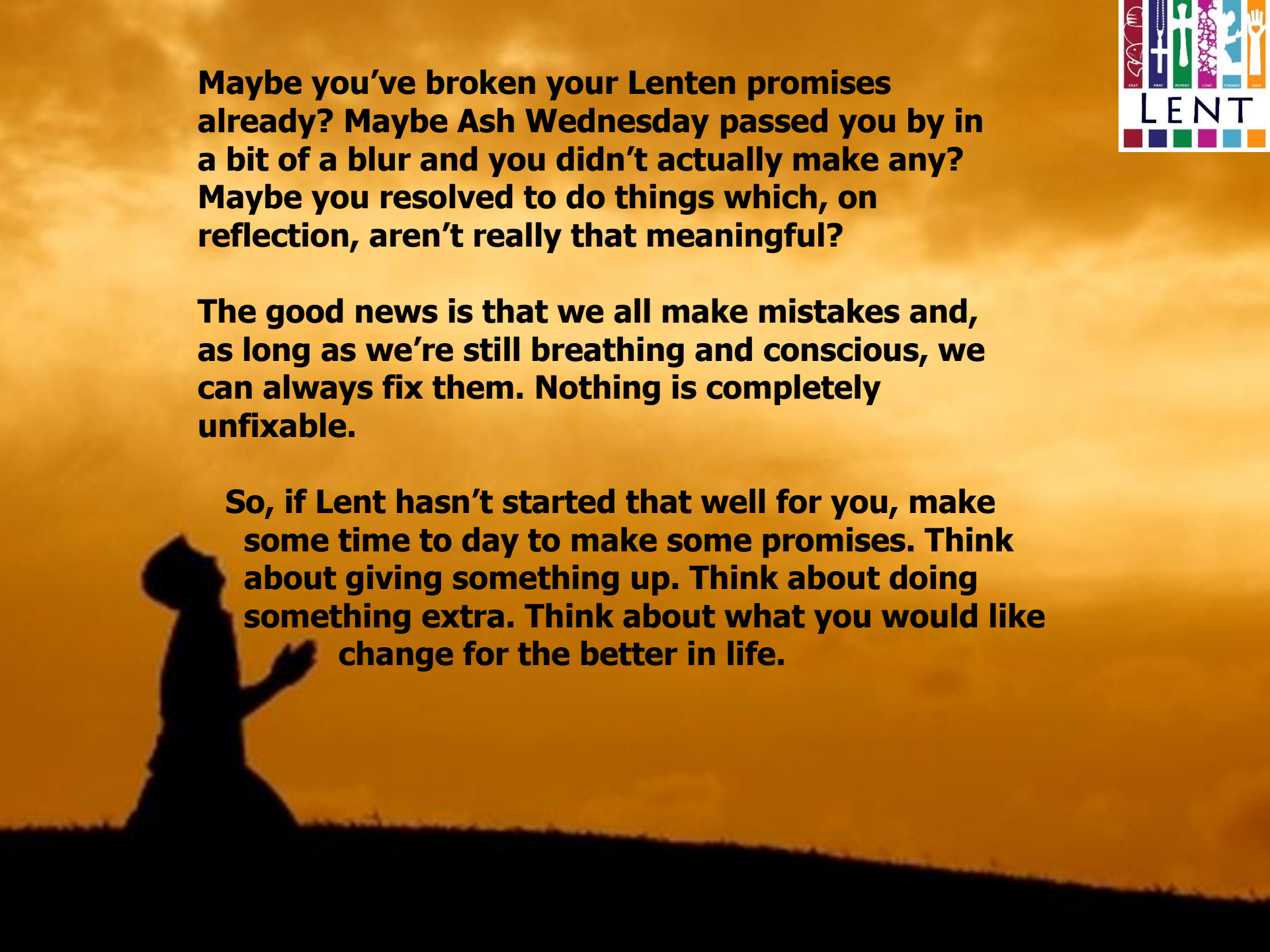
We make this prayer through Christ our Lord. Amen

Prayer Two

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen

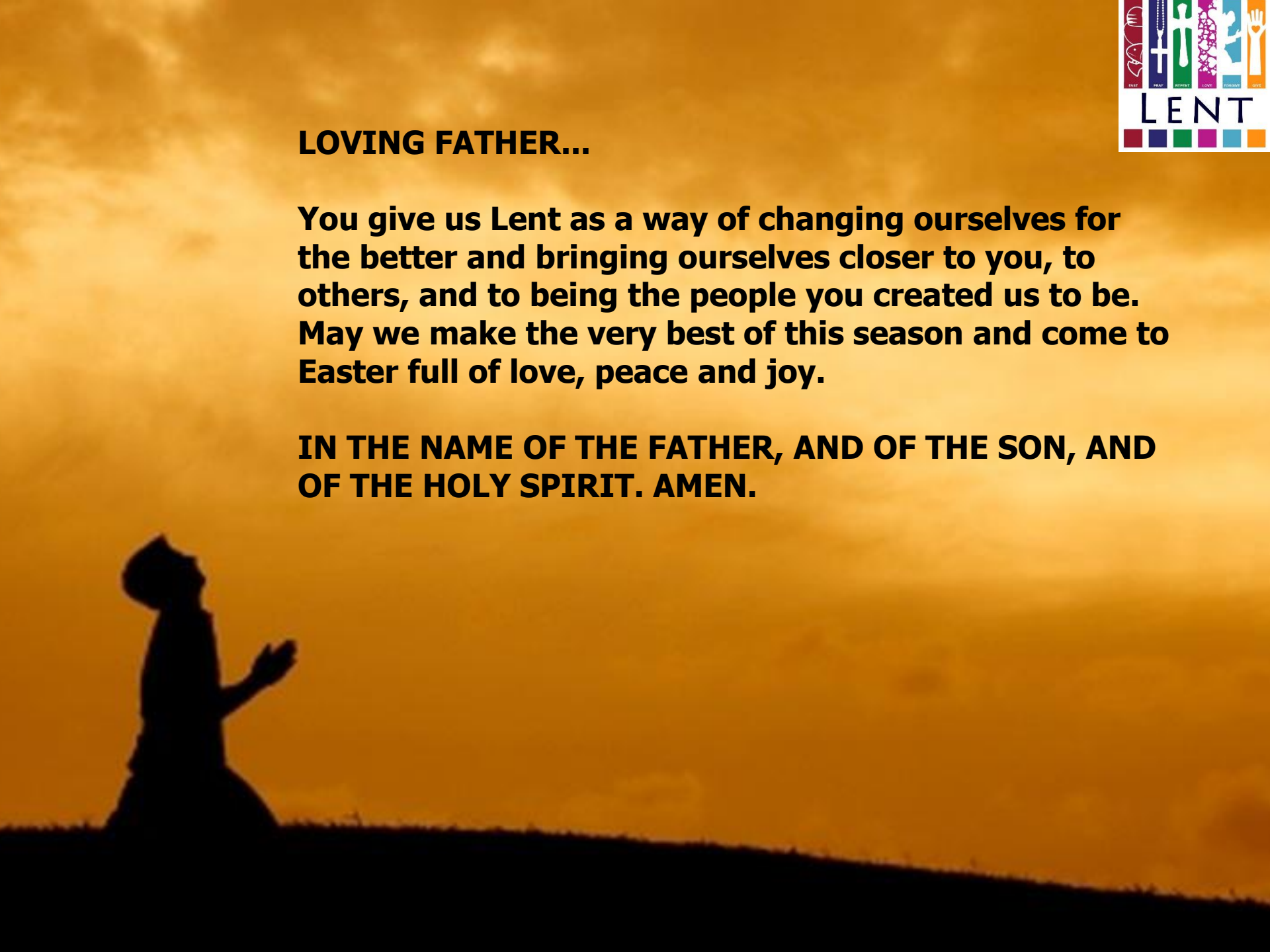
Reflection
We're now a couple of weeks into Lent, or thereabouts. It may have started well for you, or it may have been a bit of a rocky beginning.



Maybe you've broken your Lenten promises already? Maybe Ash Wednesday passed you by in a bit of a blur and you didn't actually make any? Maybe you resolved to do things which, on reflection, aren't really that meaningful?

The good news is that we all make mistakes and, as long as we're still breathing and conscious, we can always fix them. Nothing is completely unfixable.

So, if Lent hasn't started that well for you, make some time to day to make some promises. Think about giving something up. Think about doing something extra. Think about what you would like change for the better in life.



LOVING FATHER…

You give us Lent as a way of changing ourselves for the better and bringing ourselves closer to you, to others, and to being the people you created us to be. May we make the very best of this season and come to Easter full of love, peace and joy.

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Prayer Three

The Sign of the Cross

Let us remember that everything we do is In the name of the Father, and of the Son, and of the Holy Spirit. Amen

Reflection:
The next week sees the Feast of Saint Joseph, the husband of Mary and the man who looked after and cared for her and for Jesus.

St. Joseph is an unsung hero of the Gospels. He doesn't actually speak in any of the accounts. Rather, he is left to play a strong, silent supporting role while Mary, Jesus, the Angel Gabriel and others have more of the focus.

Joseph is a great example of so many things and he is the patron saint of a number of different causes and groups too. Perhaps more than anything though, Joseph is an example of what it means to stand by those you love and to look after and protect them.

Lent is a good time to reflect on our own lives and we can use St. Joseph to help us in this. Do we always stick up for those we love and do we always put their own needs and happiness before our own? Or are we sometimes a little selfish.

Being part of families, groups of friends, communities or other groups is one of the most amazing things we have in life. And so we ask ourselves... do we strengthen those things? Do we look after the people God puts us around?

Final Prayer

Loving Father,

You gave your Son Jesus and his mother Mary a good and loving man in St. Joseph to look after and protect them. Help us to stand by others in the same way. May we always show great love.

We make this prayer through Christ our Lord. Amen.

Final Thought…

Next Weeks Theme: Living Water