

## 2nd SUNDAY OF LENT

# A JOURNEY INTO THE HEART



# TRANSFORMATION

### A Heart of Prayer

**Leader:**

We begin this time of prayer: in the name of the Father, Son, and Holy Spirit.

**All:** Amen.

**Leader:**

Ever present God, we continue our journey of Lent. Many challenges lay ahead, but you are always with us. Guide us this coming week and let us begin to transform our lives so that they may reflect your love in the world.

**1<sup>st</sup> Reader:**

Lent comes at a most beautiful time of year. The winter days grow short and thoughts of spring ignite our senses. God calls us out of the winter of our souls to ignite them with the flame of transformation.

Change is not easy and requires us to trust God will be with us during this time. A butterfly is a perfect example of

trusting the transformation within.

**2<sup>nd</sup> Reader:**

We have all heard the story of how a small caterpillar transforms into a beautiful butterfly. We too are called to transform ourselves in a new way and Jesus' life demonstrates how to transform ourselves within. St. Paul tells us that we must reflect the virtues Christ: love, kindness, humility, meekness, and patience (Col 3:12).

Let us pray that we transform ourselves to reflect Jesus:

**1<sup>st</sup> Reader:**

As our prayerful reflection ends, let us ask Jesus to transform us in his love.

Please respond "Jesus help us to be more like you" to each invocation:

**1<sup>st</sup> Reader:**

For the times I fail to show respect to others

**All:** Jesus help us to be more like you

**1<sup>st</sup> Reader:**

When I forgot to help another in need

**All:** Jesus help us to be more like you

**1<sup>st</sup> Reader:**

For the times I do not listen

**All:** Jesus help us to be more like you

**1<sup>st</sup> Reader:**

When I do not reflect Christ in my actions

**All:** Jesus help us to be more like you

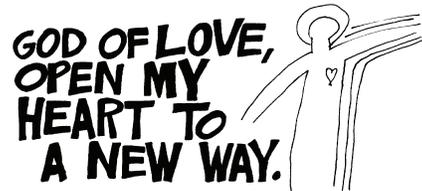
**Leader:**

God help us each day to be more like you. May we learn to reflect you in our life and truly transform ourselves to become an image of your love for others.

**All:** Amen.

**Leader:**

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



## A Heart of Discussion



### Transfiguration of Jesus

#### **Reader:**

In the readings for the 2nd Sunday of Lent we hear the Gospel of Mark tell us about the Transfiguration of Jesus. There are three points in this Gospel story that are helpful for our discussion on transformation.

We hear that Jesus is transfigured before Peter, James, and John (Mk 9:2-3). The transfiguration of Jesus gave the three disciples a profound experience of faith known as a "mountaintop experience." A "mountaintop experience" today is when we feel the closeness of God from an event in our life. This experience lifts our faith and draws us closer to God.

The "mountaintop experience" leads Peter to say "it is good for us to be here" (Mk 9:5). These experiences of being close to God are wonderful and tell us that it is "good." Peter knew it was "good" for him to be with Jesus on the mountaintop, but did not understand why. When we journey into our heart, it is important that we understand the new experiences of faith we have.

At the end of the Gospel story, God says "This is my Son, the Beloved; listen to him!" (Mk 9:7). Jesus is the one we need to pay attention to and follow his example. Experiencing a "mountaintop" in life requires us to listen to what God is saying. To do this we need to reflect on the life of Jesus and listen to the words he left us in scripture.

#### **Discussion Questions:**

1. Why is it important to listen to God? What blocks me from listening to God in my daily life?
2. Name a "mountaintop experience" you have had? How did it make you feel?
3. What are some "mountaintop experiences" we have had as a family? How did it bring us closer together as a family?

## A Heart of Action

To change our hearts, we need to change our actions. This week consider one of the following tasks:

1. What do I need to change to reflect God more in the world? Make that change in your life this week.
2. Share an experience of God with a friend or family.
3. Take the time to pray for those who long for a "mountaintop experience" in their life. Ask God to open their hearts to hear God speak to them.

