

SUNDAY GOSPEL ACTIVITIES

Second Sunday of Lent | Matthew 7:1-9



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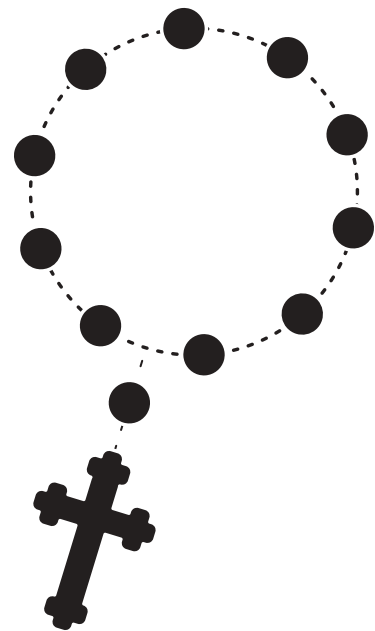
Today we celebrate the Second Sunday of Lent . We read from Matthew 7:1-9. In this week's Gospel, Matthew relays the story of Jesus' transfiguration. " Transfiguration" is a complicated word that means to be changed, to become something new and different. Jesus took His best friends and disciples, Peter, John and James to a mountain to pray.

While they were there Jesus was transformed and appeared to them as dazzling white and filled with light. God's love and power was shining through Jesus. Then Moses and Elijah (do you remember their stories from the Old Testmaent?) appeared with Jesus. Finally, a cloud came over them and they heard God's voice sa , **"This is my chosen one; listen to Him."**

This is what God wants for us too, to listen to the teachings of His son, Jesus. If there are things in our own lives that need changing, or "transfiguration," Lent is the perfect time! Turn to Jesus in prayer and ask His help and grace in transforming our lives.

★ FOR MORE FUN ★

As Catholics we have many tools in our tool box to help us grow and transform into the person we were created to be! This Lent, adopt a new habit - in addition to giving something "up," ,take on something "new". It could be as simple as helping do a chore at home, or reaching out to a neighbor or relative who is lonely, or perhaps taking on a new prayer daily like an Our Father or a Hail Mary or Rosary. Do something to show Jesus your love for Him, as reflected by how you interact with others - including our Heavenly Father and our Blessed Mother!



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