



# TO THE Heights

SECOND SUNDAY OF LENT

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Carl Bloch, Public domain, via Wikimedia Commons

Year C

## Sunday Mass Readings

### First Reading:

Genesis 15:5-12,17-18

### Responsorial Psalm:

Psalm 26(27):1,7-9,13-14

### Second Reading:

Philippians 3:17-4:1

### Gospel:

Luke 9:28-36

*'This is my Son, the Chosen One.  
Listen to him.'*

## Game Changers

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints, or as we like to call them, Game Changers!

You can check out our GameChanger Series resources, free to download [by clicking here!](#)

17 March [St Patrick](#)

18 March [St Cyril of Jerusalem](#)

19 March [St Joseph](#)

CHECK OUT "IRELAND'S ETERNAL FIRE" MOVIE BY THE SERVANT BROTHERS OF THE HOME OF THE MOTHER FOR MORE ON ST PATRICK!





## Hear

Grab your Bible and look up the Gospel reading. Don't have a Bible? No worries, click the bible image for this week's readings!



1. Who did Jesus take with Him for this event?
2. What happened to Jesus as He prayed?
3. What two men appeared on the mountain with Jesus?
4. When Peter woke up, what did he say to Jesus?
5. Why did the apostles become afraid?
6. What did the voice from the cloud say to them?
7. Whose voice was this?
8. Why do you think the apostles did not speak of this to anyone (until after the Resurrection)?



## Gospel Reflection: LISTEN TO HIM!



On the second Sunday of Lent, we move from Jesus' retreat to the desert and temptation by the devil to the glory shown in Jesus' Transfiguration. On the first Sunday of Lent, our Gospel always tells the story of Jesus' temptation in the desert. On the second Sunday, we always hear the story of Jesus' Transfiguration.

The Transfiguration occurs after Peter's confession that Jesus is the Messiah and Jesus' prediction about his Passion. After the prediction there is a discussion of the cost of discipleship in each of these Gospels. The placement of the Transfiguration story close to Peter's confession and Jesus' prediction encourages us to examine the Transfiguration in the larger context of the Paschal Mystery.

The Transfiguration occurs on a mountain in the presence of just three of Jesus' disciples—Peter, James and John. These are among the first disciples that Jesus called in Luke's Gospel. We recently heard this Gospel at Mass, on the fifth Sunday in Ordinary Time. Only Luke's Gospel, which often describes Jesus at prayer, indicates that Jesus is praying as his appearance changes to bright white. Luke indicates that the three disciples were sleeping while Jesus prayed. They will be sleeping again as Jesus prays in the Garden of Gethsemane before his Passion and death.

As they awake, Peter and the disciples see Jesus Transfigured and Elijah and Moses present with Jesus. Elijah and Moses, both significant figures in the history of Israel, represent Jesus' continuity with the Law and the Prophets.

On witnessing Jesus' Transfiguration and seeing Jesus with Elijah and Moses, Peter offers to construct three tents for them. Having just awoken, perhaps Peter's offer was made in confusion. We also notice that Peter reverted from his earlier confession that Jesus is the Messiah, calling Jesus "master" instead. As if in reply to Peter's confusion, a voice from heaven speaks, affirming Jesus as God's Son and commanding that the disciples listen to him. This voice from heaven recalls the voice that was heard at Jesus' baptism which, in Luke's Gospel, spoke directly to Jesus as God's Son.

In his Transfiguration, we see an anticipation of the glory of Jesus' Resurrection. Not until they also witness his Passion and death will the disciples understand Jesus' Transfiguration. We hear this story of Jesus' Transfiguration early in Lent, but we have the benefit of hindsight. In our hearing of it, we anticipate Jesus' Resurrection even as we prepare to remember Jesus' Passion and death.

Loyola Press – Sunday Connection

"Prayer doesn't help our relationship with God. Prayer IS our relationship with God." Mark Hart

## HAVE NO TIME? MAKE TIME!

It's hard to imagine ourselves at the scene of today's Gospel: Jesus' splendour and glory being revealed, the three apostles being utterly dazzled and amazed, trying to comprehend the events unfolding in front of them; Peter desperately wanting to stay there in that glorious moment! Sometimes prayer comes easily to us and we can feel the presence of God surrounding us. Sometimes it's a lot more difficult and we have to decide to pray because it doesn't come naturally, like a "surge of the heart" as St Therese once called it. Let's not overcomplicate things: What did God the Father tell the three apostles in that scene? "This is my Beloved Son, listen to Him." Be in a relationship with Jesus, dialogue with Him. Speak to Him from your heart and allow Him to speak to you do. Actively listen to Him and what He wants to say to you, how He wants to guide you. Because we're busy people it's important to be strategic about this too: we need to be intentional in developing our relationship with Jesus. It's going to be pretty hard to listen to Him if our days are full of noise and busy-ness, rushing here and there, binging on Netflix or Xbox or Spotify.



## TEACHER'S CORNER

**"Show us the Father" - Lenten Retreat** at Holy Family Mission, March 25 - 27. More info: (052) 6133181 / info@holymission.ie

**Silent Retreat** preached by: Fr. Kilian Byrne, Foyer of Charity at Glencomeragh House, April 18-24, Cost €380 full board. Contact Helen 086 1678027 / hellywilliams@gmail.com

**One-Day Healing and Renewal Retreat for Married Couples of All Ages:** Sunday 10th April, 10am - 4pm, Holy Family Mission, Glencomeragh House. €75 per couple including three course dinner, teas and coffees. Booking essential. For more info: (052) 6133181 or info@holymission.ie

**Arise Family Conference:** A Catholic family conference will be held in Tramore from 17th to 22nd April. Booking essential. More details at [www.arisefamilyconference.ie](http://www.arisefamilyconference.ie)

## TESTIMONY TIME

### Holy Family Mission Testimony

"I found God cared for me in all my little daily happenings..."

WITH REBECCA



## Young Person's Prayer



Stop during the day for  
the 3 x 5 Examen:

1. What five things can I give thanks for so far today?
2. What five things did I not do as well as I could have?
3. What five things are coming up that I need God's help with?

## TUNE OF THE WEEK

Keep me in the moment

Jeremy Camp



## WEEKLY CHALLENGE:



Carve some time into your day, especially during this season of Lent when we are encouraged to turn back to the Lord through prayer, fasting and almsgiving. Check out the 3 x 5 Examen in this week's resource and try to build it into your day. You could also set your alarm five minutes early (and not hit snooze!) and begin your day with a morning offering. Tune your mind intentionally to God each day, and you'll see the effects in your life!

**WATCH:** An Easy Way to Do a Daily Examen (Fr Mark Mary, CFR)



## CHECK IT OUT: AID TO THE CHURCH IN NEED: UKRAINE APPEAL



ACNI is a pontifical Catholic charity serving persecuted Christians worldwide through prayer, aid & advocacy. As Ukraine faces war and crisis, the Catholic Church in the country is determined to remain and minister to the faithful during their hour of need. ACN has worked with the Catholic Church in Ukraine for decades. They are committed to continuing to support the Church in Ukraine during these times and have pledged an emergency aid package of €1 million.





CHECK OUT WHAT  
CATECHISM OF THE  
CATHOLIC CHURCH  
SAYS ABOUT THE LIFE  
OF PRAYER  
CCC 2697 - 2699

LUKE 9:28-36

"We cannot pray "at all times" if  
we do not pray at specific  
times, consciously willing it ..."  
Catechism of the Catholic  
Church #2697

Put a 3 x 5 in your day!



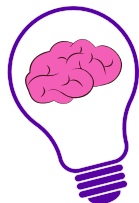
ON A SCALE OF 1 - 10, WHERE ARE YOU AT WITH THESE HABITS / SITUATIONS? (1=REALLY POOR, 10=UTTERLY AMAZING!)

*I don't check my phone while in conversation with someone.*

1 2 3 4 5 6 7 8 9 10

*I get up immediately and don't hit the snooze button.*

1 2 3 4 5 6 7 8 9 10



*I spend time each day in prayer (consistently!)*

1 2 3 4 5 6 7 8 9 10

*I am an intentional person.*

1 2 3 4 5 6 7 8 9 10

*I spend time reflecting on day.*

1 2 3 4 5 6 7 8 9 10

## A DAILY EXAMEN



The Daily Examen is a technique of prayerful reflection on the events of the day in order to detect God's presence and discern his direction for us. It is particularly associated with St Ignatius of Loyola and there are many variations of it. The basic strategy is to become aware of God's presence, review the day with gratitude; pay attention to your emotions ; choose one feature of the day and pray from it; look toward tomorrow. Christians are really encouraged to build this practice into their night prayer. Sometimes we need a little help to stay focused throughout the day too though!



WATCH THIS REALLY SHORT VIDEO FROM FR MARK MARY, CFR "[AN EASY WAY TO DO A DAILY EXAMEN](#)" AND REFLECT ON THE QUESTIONS THAT FOLLOW



**Fr Mark Mary calls his method of the Examen the \_\_\_\_\_ x \_\_\_\_\_ Method.**

*He prays this at midday each day, and keeps a card in his breviary (prayer book) to remind him.*

WHAT THREE QUESTIONS DOES HE STOP  
AND ASK HIMSELF EVERY MIDDAY?

5 THINGS...

5 THINGS...

5 THINGS...

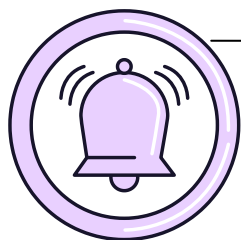




## PUT A 3 X 5 IN YOUR DAY! [LUKE 9:28-36](#)

### THINK IN PRACTICAL TERMS...

What do you think could be the value in hitting this kind of **pause / reset button** in the middle of your day?



How could you remind yourself to pray this everyday?



### Now Read Luke 9:28-36

It's hard to imagine ourselves at the scene of today's Gospel: Jesus' splendour and glory being revealed, the three apostles being utterly dazzled and amazed, trying to comprehend the events unfolding in front of them; Peter desperately wanting to stay there in that glorious moment! Sometimes prayer comes easily to us and we can feel the

presence of God surrounding us. Sometimes it's a lot more difficult and we have to decide to pray because it doesn't come naturally, like a "surge of the heart" as St Therese once called it. Let's not overcomplicate things: What did God the Father tell the three apostles in that scene? "This is my Beloved Son, listen to Him." Be in a relationship with Jesus, dialogue with Him. Speak to Him from your heart and allow Him to speak to you. Actively listen to Him and what He wants to say to you, how He wants to guide you. Because we're busy people it's important to be strategic about this too: we need to be intentional in developing our relationship with Jesus. It's going to be pretty hard to listen to Him if our days are full of noise and busy-ness, rushing here and there, binging on Netflix or Xbox or Spotify.

### MISSION!

CARVE SOME TIME INTO YOUR DAY, ESPECIALLY DURING THIS SEASON OF LENT WHEN WE ARE ENCOURAGED TO TURN BACK TO THE LORD THROUGH PRAYER, FASTING AND ALMSGIVING. CHECK OUT THE 3 X 5 EXAMEN IN THIS WEEK'S RESOURCE AND TRY TO BUILD IT INTO YOUR DAY. YOU COULD ALSO SET YOUR ALARM FIVE MINUTES EARLY (AND NOT HIT SNOOZE!) AND BEGIN YOUR DAY WITH A MORNING OFFERING. TUNE YOUR MIND INTENTIONALLY TO GOD EACH DAY, AND YOU'LL SEE THE EFFECTS IN YOUR LIFE!



### PRAYER TIME!

Make a 3 x 5 Examen card and place it somewhere you will see it each day (or set a reminder on your phone with it). Get into the habit this week of pausing and asking God:

**What five things can I give thanks for so far today?**

**What five things did I not do as well as I could have?**

**What five things are coming up that I need God's help with?**



## CREATE A PLAYLIST TO LISTEN TO AS YOU REFLECT ON LETTING GOD BE PART OF YOUR DAY

- [Keep me in the moment - Jeremy Camp](#)
- [God of all my days - Casting Crowns](#)
- [Whatever may come - Jeremy & Adrienne Camp](#)
- [Captivate us - Watermark](#)
- [God works in a mysterious way - Graham Kendrick](#)
- [Waymaker - Leeland](#)
- [Christ be all around me - All Sons & Daughters](#)
- [Lord I Need You - Matt Maher](#)

Click the links for the YouTube videos to listen to some suggestions!



**Fr Mark Mary CFR: The Best Way to Get Closer to God**



**Testimony: Rebecca - "I found God cared for me in all my little daily happenings..."**



3 x 5 Examen

Pause in the middle of your day to reflect on these questions:



WHAT FIVE THINGS CAN I GIVE THANKS FOR SO FAR TODAY?

1

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2

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3

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4

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5

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WHAT FIVE THINGS DID I NOT DO AS WELL AS I COULD HAVE?

1

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2

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3

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4

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5

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WHAT FIVE THINGS ARE COMING UP THAT I NEED GOD'S HELP WITH?

1

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2

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3

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4

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5

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