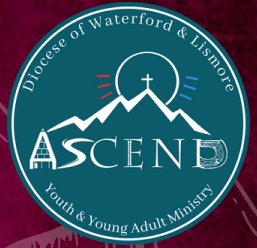




To the Heights



Year B 2ND SUNDAY OF LENT


Download from www.waterfordlismore.ie/resources or subscribe to receive by email!

LOOKING FOR A LENTEN PRAYER IDEA?




Lent Is Here! Join Pray40 on Hallow.

<https://hallow.com/pray40/> or download the Hallow App



WEEKLY CHALLENGE:

Fr Mark Mary: An Easy Way to Do an Examen
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!





GAMECHANGERS!

1 March

ST DAVID

Click the image to discover more about this feast

The Catholic Church offers us so many examples of inspirational saints and heroes, or as we like to call them here, **Game Changers!**

More Gamechanger resources available on our website.



by Rich2009 - Own work CC BY-SA 4.0
<https://commons.wikimedia.org/w/index.php?curid=43152858>

HEAR: Sunday Gospel

Mark 9:2-10



If you don't have a Bible handy, click the image here to access the Mass readings for this Sunday!

Fr Mike Schmitz

WATCH:



HOW TO NEVER MISS GOD'S WILL FOR YOUR LIFE

PRAY:

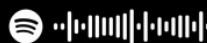


Lord, my world is so loud sometimes. Help me to create times of silence so I can really listen to Your loving word for my life. Speak to my heart and show me how to speak to Yours. Help me to grow closer to You this Lent. Amen

TUNE!



The Transfiguration
Hillsong



RESOURCES:

GROW: CATHOLIC INSPIRED



We are a talented group of designers, crafters, artists, and jewelry makers who are absolutely passionate about creating unique and captivating Catholic inspired pieces. Our shop is a haven of imagination and ingenuity, where we proudly display our extraordinary creations. Prepare to be inspired as you browse through our exquisite collection. With each visit, our ever-evolving ideas come to life through our crafts. Step into our realm of endless possibilities and let your imagination soar to heaven! Many crafts available on this site are free to download.



EVENTS

Camp Veritas: A CATHOLIC SUMMER CAMP FOR TEENS
AGES 12-18. Clongowes Wood College, Co. Kildare .
Ireland: June 24th-29th. More info on
<https://www.campveritas.org/>



www.waterfordlismore.ie/youth-ministry



AscendWaterfordLismoreYM



ascendwaterfordlismore.ym



Ascend Youth Ministry

PUZZLE

FIND THE WORDS FROM THIS SUNDAY'S GOSPEL IN THE WORDSEARCH BELOW



Beloved
bleacher
cloud
dazzle
Elijah
frightened
James
Jesus
John
Listen
Moses
Mountain
Mount Tabor
Peter
rising
dead
Son of Man
tents
Transfiguration
voice
white

W	Y	X	N	M	F	E	P	Q	Q	W	P	Y	O	D	L	C	W
H	H	N	M	Z	Z	C	E	L	S	Z	M	M	A	G	O	K	B
I	U	Y	A	O	Z	I	T	T	U	O	U	Z	A	J	J	L	X
T	V	B	Y	M	U	P	E	A	U	W	Z	C	M	Y	X	G	S
E	Y	A	E	N	F	N	R	N	C	L	O	U	D	F	O	Y	A
I	L	S	Y	L	T	O	T	E	E	V	J	A	M	E	S	F	U
N	L	I	K	S	O	T	N	A	J	R	C	I	J	J	K	N	H
Y	I	F	G	S	A	V	O	O	I	C	K	L	R	C	O	I	G
M	S	P	U	B	S	H	E	W	S	N	S	E	E	D	M	H	D
J	T	S	O	L	O	J	E	D	N	S	Q	E	S	R	O	A	N
S	E	R	N	O	I	T	A	R	U	G	I	F	S	N	A	R	T
J	N	K	B	D	E	N	E	T	H	G	I	R	F	O	C	S	B
R	E	H	C	A	E	L	B	S	A	E	R	O	L	E	M	D	Y
T	Q	O	Z	M	K	G	O	X	J	Q	X	P	C	O	K	D	P
D	H	S	T	R	N	U	H	U	I	G	M	I	K	Z	Y	C	U
A	V	P	K	Q	G	W	B	Z	L	R	O	U	E	U	R	I	V
Z	R	R	H	P	E	X	G	N	E	V	X	S	X	H	Q	B	L
R	I	S	I	N	G	F	R	O	M	T	H	E	D	E	A	D	G

Can you explain how any four of these words relate to the message of the Gospel?

What do you think God could be saying to you in this Gospel? What speaks to your heart? Maybe it raises questions, maybe it's a little uncomfortable, maybe it offers hope... what matters is that we are open to hearing God speak to us individually.



RESPOND!



Reflect on the scripture quote and allow thoughts and images that come to you to form part of your doodle prayer: it could be people or situations that need prayer or even areas you might need to change in. Certain words or phrases might stand out for you. Ask the Holy Spirit to guide your heart as you pray and doodle!

**"THIS IS MY SON,
THE BELOVED.
LISTEN TO HIM"**

MARK 9:2-10

HIS WORD & MY LIFE!



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.



Click here for some relaxing instrumental music
SPONTANEOUS WORSHIP | TWO HOURS OF WORSHIP PIANO



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



YEAR A: MATTHEW 17:1-9

YEAR B: MARK 9:2-10

YEAR C: 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!

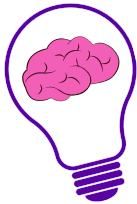
ON A SCALE OF 1 - 10, WHERE ARE YOU AT WITH THESE HABITS / SITUATIONS? (1=REALLY POOR, 10=UTTERLY AMAZING!)

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 never 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!

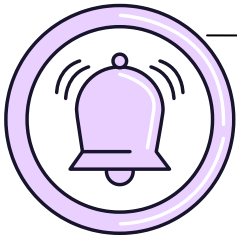
YEAR A: MATTHEW 17:1-9

YEAR B: MARK 9:2-10

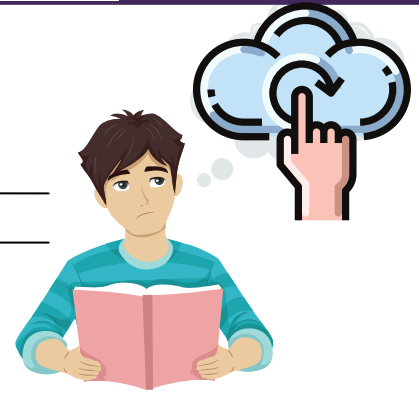
YEAR C: LUKE 9:28-36

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?



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 awesome 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 too. 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!



7:15 MINS

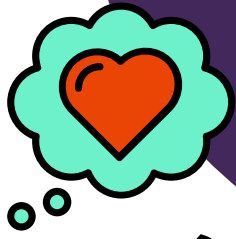


Fr Mark Mary CFR: The Best Way to Get Closer to God

12:33 MINS



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

2

3

4

5

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

1

2

3

4

5

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

1

2

3

4

5
