

FAITH @ Home

1ST MARCH 2026: YEAR A: 2ND SUNDAY OF LENT

Diocese of Waterford & Lismore
www.waterfordlismore.ie

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Celebrating and supporting faith, hope and love in the heart of the family!

"TO THE HEIGHTS" YOUTH EDITION ALSO AVAILABLE

Sunday Mass Readings

First Reading:

Genesis 12:1-4

Responsorial Psalm:

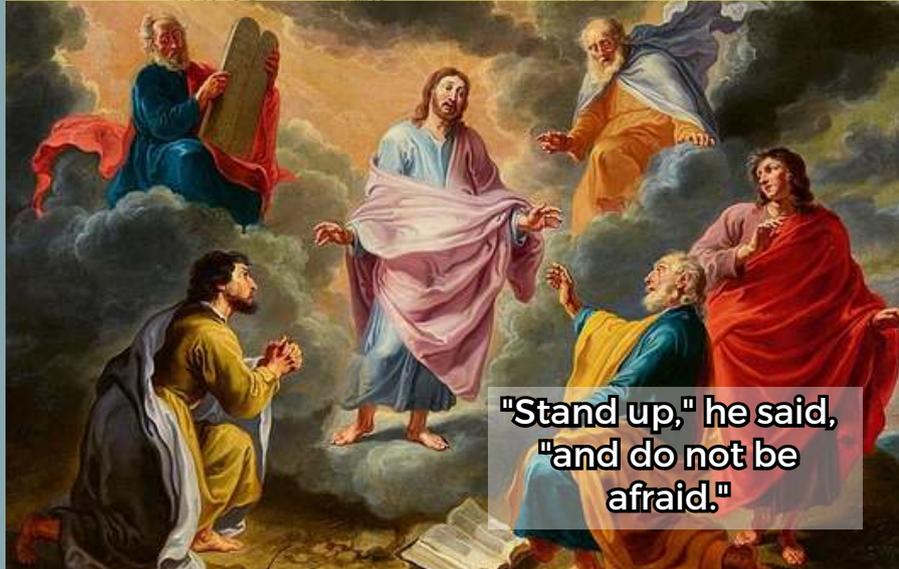
Psalm 32(33):4-5, 18-20, 22

Second Reading:

2 Timothy 1:8-10

Gospel:

Matthew 17:1-9



**"Stand up," he said,
"and do not be
afraid."**

Willem van Herp, Public domain, via Wikimedia Commons

Hear



Grab your Bible and look up the Gospel reading. Don't have one? No worries, you can find this week's readings online [HERE](#).

Reflect



- In the Gospel today we hear the story of Jesus' temptation in the wilderness.
- What is the Holy Spirit saying to you through this piece of Scripture? How do these words resonate with you personally?
- How much space is there in your day to actively hear the voice of God speak to you?
- Is silence something that is easy for you? If not, maybe this is an area the Lord is calling you to this week: even just five minutes of silence as you go for a walk, pop into the church, or sit in the garden or at the kitchen table, can help us to create time for the Lord to really speak to the direct needs of our hearts.
- Ask for the grace this Lent to deepen your desire to listen to Jesus, and to actively carve out time every day for silence.

Chat



In today's Gospel we hear about the Transfiguration of Jesus and God the Father saying, "This is my Son, the Chosen One. Listen to Him!"

- How many pieces of equipment in our house play sound? (e.g. radio / TV / Xbox etc)
- How many people in our house listen to music through their headphones / airbuds?
- Is there ever more than one piece of equipment playing sound at the same? Is the TV or music ever turned up loudly? Does that make it hard for people to hear conversations?
- Do we ever turn off all the noise just so we can chat to each other?
- Is our family life ever too busy to hear Jesus and what He wants to say to us? Do we allow times of quiet and silence in prayer to let Jesus speak?

Family Prayer



God our Father, help us to hear your voice every day in our hearts so that we will know how much you love us. Amen

Family Challenge!



Make an effort this week to have a little more quietness in the house (and not just by putting on headphones!) Allow times of quiet and silence so the family can chat together, play games together, sit together or pray together - even just one evening in the week!



GOD'S COMPLETE WORD

For the second Sunday of Lent, we move from Jesus' retreat to the desert to his Transfiguration. Each year on the first Sunday of Lent, our Gospel tells the story of Jesus' temptation in the desert. On the second Sunday of Lent each year, we hear the story of Jesus' Transfiguration.

The story of Jesus' Transfiguration is told in the three Synoptic Gospels: Matthew, Mark, and Luke. In each of those Gospels, the Transfiguration follows Jesus' first prediction of his death and his teaching about the costs of discipleship. Jesus' Transfiguration is a promise of Jesus' glory, his Resurrection.

On a mountain in today's reading, a voice affirms that Jesus is God's Son in words reminiscent of the voice at Jesus' baptism. In addition, the appearance of Moses and Elijah on the mountain connects this story with God's relationship to the people of Israel. Moses and Elijah represent the Law and the Prophets, respectively. Together with Jesus, they represent God's complete Word.

The Transfiguration occurs in the presence of just three of Jesus' disciples: Peter, James, and John. In Matthew's Gospel, those disciples are among the first whom Jesus calls. The three men are identified as an "inner circle" among Jesus' disciples when Jesus asks them to accompany him to the Garden of Gethsemane just before his arrest.

Loyola Press Sunday Connection

Check it out: 10 MINUTES WITH JESUS



- Looking for something simple to kickstart your prayer each day?
- 10 Min with Jesus offers daily sparks to ignite prayer: a passage from the gospel, an idea, an anecdote and a priest who speaks with you and with the Lord inviting you to share your intimacy with God. Find your moment, consider you're in his presence, and click play.
- Download the App, listen on Spotify or even receive the daily message via WhatsApp!



CARLO'S CORNER

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 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 TikTok.

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!



AN EASY WAY TO DO A DAILY EXAMEN (FR MARK MARY, CFR)



KEEP ME IN THE MOMENT
Jeremy Camp



To the Heights Youth Resource also available



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- Faith@Home / Let's Dive In (faithathome@waterfordlismore.ie)
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