

# To the Heights

Year A 2ND SUNDAY IN LENT

Download from [www.waterfordlismore.ie/resources](http://www.waterfordlismore.ie/resources) or subscribe to receive by email!



**SPOTLIGHT!**

At this month's Encounter we heard a fantastic testimony from Elijah, and great MCing work from Kevin and Michael, all from Co. Waterford!

## HEAR! Sunday Gospel

Matthew 17:1-9



If you don't have a Bible handy, click here to access Sunday Mass Readings!



Willem van Herp, Public domain, via Wikimedia Commons

## GAMECHANGERS:

ST PERPETUA & ST FELICITY  
3RD CENTURY MARTYRS

7<sup>TH</sup> MARCH

The Catholic Church's Liturgical Calendar is crammed full of inspirational saints and heroes or as we like to call them, Game Changers! Check them out on our web page!



## 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!



FR MARK MARY CFER

HOW TO DO A DAILY EXAMEN

EXAMEN

**WATCH!**



**3X5**

## PRAY



### 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!**

Keep me in the Moment  
Jeremy Camp



**GROW**

- 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!



## REFLECT



- Who did Jesus take with Him for this event?
- What happened to Jesus as He prayed?
- What two men appeared on the mountain with Jesus?
- Why did the apostles become afraid?
- What did the voice from the cloud say to them? Whose voice was this?
- Why do you think the apostles did not speak of this to anyone (until after the Resurrection)?
- Look at the image above - can you identify the figures?

## SPECIAL PRAYER INTENTION

For safety for those who travel on our roads, eternal rest for those who have lost their lives recently, and comfort for those who mourn them.



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

## 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 awesomemoment!

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.

## RESPOND:



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.

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## FIND THE WORDS FROM TODAY'S GOSPEL IN THE WORDSEARCH!

### PUZZLE

- alone
- Beloved
- cloud
- Elijah
- favour
- fear
- James
- Jesus
- John
- listen
- Moses
- mountain
- Peter
- sun
- tents
- transfigured
- vision
- voice
- white



## DOODLE PRAYER

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!

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



CLICK HERE FOR SOME RELAXING INSTRUMENTAL MUSIC  
TOP WORSHIP SONGS OF ALL TIME! - INSTRUMENTAL WORSHIP GUITAR | JON SNODGRASS





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

# PUT A 3 X 5 IN YOUR DAY!

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

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
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*I get up immediately and never hit the snooze button.*

1	2	3	4	5	6	7	8	9	10
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*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 the day.*

1	2	3	4	5	6	7	8	9	10
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## 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 Ignace 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?



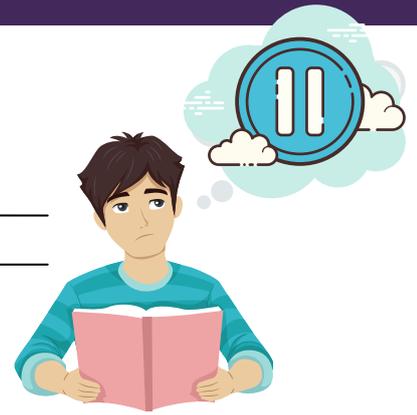
## PUT A 3 X 5 IN YOUR DAY!

### 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?



YEAR A: MATTHEW 17:1-9

YEAR B: MARK 9:2-10

YEAR C: LUKE 9:28-36

READ:

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



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

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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

---

5

---

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

1

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2

---

3

---

4

---

5

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## **3 X 5 EXAMEN**

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