

Second Week of Lent

BEHOLD IN TRUST

On the mountain of the Transfiguration, the disciples glimpse the glory of Christ. In the midst of fear and mystery, the Father speaks:

“This is my beloved Son. Listen to Him.”

This week invites us to deepen our trust by listening attentively to Jesus. Even when the path ahead is unclear, we are called to place our confidence in Him and to follow where He leads.



LISTENING TO THE BELOVED SON.

GOSPEL FOR THE SECOND SUNDAY OF LENT

MATTHEW 17:1-9

How to pray with Lectio Divina

Lectio Divina means “Divine Reading.”

It is a gentle way of praying with Scripture — listening with the heart.

1. LECTIO — READ

~ Receive the Word

Read the passage slowly. Notice a word or phrase that stands out.

2. MEDITATIO — REFLECT

~ Reflect on the Word

Ponder it. What might God be saying to you today?

3. ORATIO — RESPOND

~ Respond to the Word

Speak to God — in gratitude, sorrow, desire, or trust.

4. CONTEMPLATIO — REST

~ Rest in the Word

Be still. No words. Just sit in God’s presence.

5. ACTIO — LIVE IT

~ Live the Word

Let the Word take flesh in your life today. What can you do differently?

Journaling during Lent

Some people find it helpful to keep a small journal, noting a word, thought, or moment of grace from your prayer. Journaling is another way of listening, a way of allowing the Word to remain with you and settle more deeply in your heart.

And at the end of these weeks, even a few small notes can help you see where God has been quietly at work. Let it be simple. Let it help you notice.

Daily Rhythm for Prayer

1. READ THE REFLECTION SLOWLY

Let one thought or phrase touch your heart.

2. PRAY THE SHORT PRAYER

Allow it to become your prayer for the moment.

3. SIT FOR A QUIET PAUSE

Let the reflection settle. Hold a moment of stillness with God.

4. CARRY THE ACTION LIGHTLY INTO THE DAY

Not as a duty, but as an openness: *“Lord, show me the right moment for this.”*

Let each day be simple. Let it unfold gently. Behold the Lord with you.

Lenten Companion Prayers

BEHOLD I LISTEN

To be said before reading Scripture

Lord Jesus,
present and attentive,
quiet my heart before Your Word.
As I listen to the Gospel,
teach me to recognise Your voice
and to receive what You desire to give.
Amen.

BEHOLD I BEGIN

Daily opening prayer

Jesus, humble and hidden,
I place this day before You.
As I journey through Lent,
teach me to slow down and make room.
Be with me in the places
where my heart most longs for You.
Amen.

BEHOLD I RESPOND

Daily closing prayer

Jesus, Bread of Life,
help me live what I have received.
Shape my words, my actions, and my choices,
that I may carry Your presence
into my family, my relationships, my work,
and wherever love is needed.
Amen.

Second Sunday of Lent Gospel

MATTHEW 17:1-9

"This is my beloved Son, with whom I am well pleased; listen to him."

Jesus took Peter, James, and John his brother,
and led them up a high mountain by themselves.

And he was transfigured before them;

his face shone like the sun

and his clothes became white as light.

And behold, Moses and Elijah appeared to them,
conversing with him.

Then Peter said to Jesus in reply,

"Lord, it is good that we are here.

If you wish, I will make three tents here,
one for you, one for Moses, and one for Elijah."

While he was still speaking, behold,

a bright cloud cast a shadow over them,

then from the cloud came a voice that said,

"This is my beloved Son, with whom I am well pleased;
listen to him."

When the disciples heard this, they fell prostrate
and were very much afraid.

But Jesus came and touched them, saying,

"Rise, and do not be afraid."

And when the disciples raised their eyes,

they saw no one else but Jesus alone.

As they were coming down from the mountain,

Jesus charged them,

"Do not tell the vision to anyone

until the Son of Man has been raised from the dead."

Lectio Divina guide, pg 5

Prayer before reading Scripture, pg 6

Second Week of Lent



“Lord, what do You want me to do?”

— St Francis of Assisi

Francis longed to hear the voice of Christ and follow it with simplicity. His life changed when he began to ask not what he wanted, but what the Lord desired. Like the disciples on the mountain, he learned to listen. In a world full of noise, Francis invites us back to the quiet where Christ speaks.

MONDAY – BEHOLD IN TRUST

Listening opens the heart to deeper faith.

Prayer: *Jesus, help me listen to You.*

Action: Create space today to listen without distraction.

TUESDAY - BEHOLD CHRIST’S LIGHT”

God strengthens faith through moments of light.

Prayer: *Lord, strengthen my faith.*

Action: Recall a moment when God’s presence felt near.

WEDNESDAY – BEHOLD THE FATHER’S WILL

Trust grows through surrender to God’s way.

Prayer: *Father, I trust Your will.*

Action: Pray slowly, “Your will be done.”

THURSDAY - BEHOLD THE CALL TO FOLLOW

Christ invites us forward, one step at a time.

Prayer: *Jesus, lead me where You desire.*

Action: Take one small step of obedience today.

FRIDAY - SERVING WITH LOVE

God’s mercy meets us along the way.

Prayer: *Lord, help me receive Your mercy.*

Action: Offer forgiveness or kindness today.

SATURDAY - BEHOLD PERSEVERING FAITH

Faith deepens through patient trust.

Prayer: *Jesus, help me persevere.*

Action: Remain faithful to prayer even when it feels quiet.

Daily Opening and Closing Prayers, pg 6

Sacrament of Reconciliation

Lent is a season of returning. Again and again, God calls us back — not with condemnation, but with mercy.

The Sacrament of Reconciliation is one of the greatest gifts of the Church. Here, we encounter Jesus personally. Not as judge, but as healer. Not to shame us, but to restore us.

No matter how long it has been, no matter what we carry, Christ is ready to receive us.

He is gentle. He is faithful. He is waiting.

To come to Reconciliation is not to dwell on sin, but to behold mercy.

WHY GO TO RECONCILIATION?

- To experience God's forgiveness personally
- To begin again with a lighter heart
- To receive grace to grow in holiness
- To be restored to peace and communion

This is not about being perfect. It is about coming home.

TAKE THE STEP

If it has been a long time, do not be afraid. Priests are there to welcome you with compassion.

Come as you are.
Bring what you carry.
Christ will meet you there.

Look out for extended Reconciliation times during Lent at your parish and nearby churches, and consider attending a Lenten Reconciliation service if one is offered.

Behold His mercy.
And begin again.

A SIMPLE EXAMINATION OF CONSCIENCE

Take a few quiet moments before God and ask:

Love of God

- Have I made space for prayer in my life?
- Have I trusted God in difficulty?
- Have I honoured the Lord's Day?

Love of neighbour

- Have I been patient and kind?
- Have I spoken harshly, judged others or held onto resentment?
- Have I failed to love when I had the opportunity?

Faithfulness of life

- Have I cared for the life God has given to me?
- Have I chosen what leads me closer to Christ?
- Have I turned away from what I know is good?

Let the Holy Spirit guide you gently.
You do not need to search anxiously.
Simply be honest.

ACT OF CONTRITION

Lord Jesus,
I am sorry for my sins.
With all my heart, I turn back to You.
Thank You for Your mercy and love.
Help me to walk in Your ways,
to sin no more,
and to trust in Your grace.
Amen.



“Let us begin again, brothers, for up to now we have done little or nothing.” — St Francis of Assisi

St Francis knew the joy of beginning again. He never saw conversion as a single moment, but a lifelong return to God's mercy. Francis reminds us that holiness is not about never falling, but about always returning to Christ.