

2nd Sunday of Lent

Luke 9:28b–36

‘As Jesus was praying, the appearance of his face was altered.’

At that time: Jesus took with him Peter and John and James and went up on the mountain to pray. And as he was praying, the appearance of his face was altered, and his clothing became dazzling white. And behold, two men were talking with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was about to accomplish at Jerusalem. Now Peter and those who were with him were heavy with sleep, but when they became fully awake they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, ‘Master, it is good that we are here. Let us make three tents, one for you and one for Moses and one for Elijah’ — not knowing what he said. As he was saying these things, a cloud came and overshadowed them, and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, ‘This is my Son, my Chosen One; listen to him!’ And when the voice had spoken, Jesus was found alone. And they kept silent and told no one in those days anything of what they had seen.

Reflection

The Transfiguration is a huge moment in the Gospels. Jesus gives Peter, James, and John a glimpse of who He really is—the beloved Son of God. It’s a wow moment, full of meaning: Moses and Elijah show up, symbolising the long-awaited Messiah. But Peter misses the point when he wants to stay on the mountain. Jesus isn’t about staying in the spotlight—His mission involves sacrifice and love in action.

We don’t get to see Jesus glowing on a mountain, but we do see God’s love in the faces of those we help. Think about a time when someone’s face lit up because they felt truly listened to, accepted, or loved. Those moments stick with them—and with us—because they remind us we’re making a real difference, just like Jesus calls us to do.

Materials Needed

- A large piece of paper or a noticeboard
- Coloured markers or pens

Activity

- Draw a series of ripples on the large paper or noticeboard, starting with a small circle in the centre.
- Sit quietly as a group and think of times when someone’s kindness made a difference in your day.
- In the smallest ripple at the centre, write examples of simple kind actions or words that could spark joy (e.g., “Say thank you,” “Hold a door open,” or “Smile at someone”).
- In the next ripple, write how those actions might positively affect others (e.g., “Brighten their day” or “Encourage them to be kind to someone else”).

Call to Action

Display the Ripple of Kindness board somewhere visible and encourage everyone to complete one kind action daily during Lent. Use it as a reminder of the small ways we can bring God’s love into the world.

