

2nd Sunday of Lent (Year A)

Matthew 17:1-9

'His face shone like the sun.'

At that time: Jesus took with him Peter and James and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only. And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

Reflection

The Gospel for the 2nd Sunday in Lent is the Transfiguration of Jesus. It is in this moment away from the crowds and alone with just a few of His disciples that Jesus revealed just for a moment who he was. It would have been a great moment for the disciples present to experience, but also one that was terrifying. Jesus encouraged them to to not be fearful. Peter, James and John had a real encounter with Jesus in this Gospel, revealing to them that Jesus is truly God and truly a human being.

It is through our own encounters with Jesus that we are encouraging to live out our Vincentian mission. We are called to be Christ-like, how can we be like Jesus encouraging others, especially those who we are helping?

Materials needed

- Paper
- Pens
- Highlighters

Activity

When you think about Jesus, what qualities or characteristics come to mind?

What does it really mean to be Christ-like?

Which of these qualities could you try to show when helping people in need?

On a piece of paper, write down the qualities and characteristics you associate with Jesus. You might choose to create a list or create a mind map.

When you have finished:

- Circle the qualities you think you already show in your life.
- Highlight the qualities you would like to grow in, especially when helping others.

Take a moment to reflect:

How can you continue to strengthen the qualities you already have?

What small, practical steps could help you grow in the others?

Call to Action

Perhaps you could try through the rest of Lent to live these qualities and characteristics out when helping others.

