

OTHER WORDS TO RECALL THIS WEEK

During this second week of Lent as you journey with Jesus, you could take time to recall other words from the Psalm of this week and use these to keep a close connection with Jesus as you work and pray.

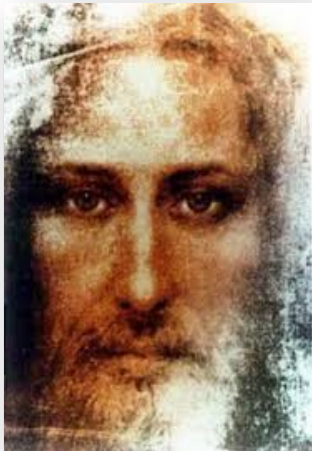
May your love be upon us, O Lord.

The Lord looks on those who revere him.

Our soul is waiting for the Lord.

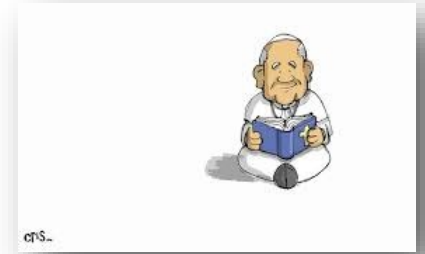
We place all our trust in you.

Hope in his love.



LIVING WORD

WEEK 2: Do not be afraid



READ OUT LOUD FROM THE GOSPEL OF MATTHEW 17:1-9

Jesus took with him Peter and James and his brother John 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 dazzling white.

Suddenly there appeared to them Moses and Elijah, talking with him.

Then Peter said to Jesus,

'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.'

While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said,

'This is my Son, the Beloved;

with him I am well pleased; listen to him!'

When the disciples heard this, they fell to the ground and were overcome by fear.

But Jesus came and touched them, saying,

'Get up and do not be afraid.'

And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.'

THE GOSPEL OF THE LORD
PRAISE TO YOU LORD JESUS CHRIST



REFLECT

- What words or phrases strike you in this passage?
- What helps you to listen to the voice of God in your daily life?
- When has fear stopped you from trusting God in your life?

RESPOND

As we continue our journey with Jesus for Lent, we pray that we will open our hearts to be changed by him as we say:

Lord help us to listen to you

When we are overcome by our own limitations

Lord help us to listen to you

When your voice is drowned out by other loud voices in our lives

Lord help us to listen to you

When we are afraid to trust in your guiding voice

Lord help us to listen to you

When we are dazzled by the brightness of your presence

Lord help us to listen to you



REST

Now take time to rest with a phrase, repeating it in your heart or out loud. Choose one you are most drawn to:

- It is good for us to be here
- Listen to Him
- Do not be afraid

