



Children's liturgy – Second Sunday of Lent

Welcome: Today we hear about something very special that happened to Jesus while he was on a mountain with three of his friends. His appearance changed as his face and clothes shone like the sun. This also changed the lives of his friends as they realised that Jesus was the Son of God. We can change people's lives through our actions, let's think about how today.

Opening prayer: God of light and power, you sent your Son Jesus to show us how to live our lives. Help us to recognise him in all people that we meet and to take action so that the lives of all people may change for the better. Amen.

Gospel: Matthew 17:1-9

Six days later Jesus took with him Peter and the brothers James and John and led them up a high mountain where they were alone. As they looked on, a change came over Jesus: his face was shining like the sun, and his clothes were dazzling white. Then the three disciples saw Moses and Elijah talking with Jesus. So Peter spoke up and said to Jesus, "Lord, how good it is 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 talking, a shining cloud came over them, and a voice from the cloud said, "This is my own dear Son, with whom I am pleased—listen to him!"

When the disciples heard the voice, they were so terrified that they threw themselves face downwards on the ground. Jesus came to them and touched them. "Get up," he said. "Don't be afraid!" So they looked up and saw no one there but Jesus.

As they came down the mountain, Jesus ordered them, "Don't tell anyone about this vision you have seen until the Son of Man has been raised from death."

Gospel reflection: What do you remember about this reading?

Jesus goes to the top of a mountain with Peter, James and John. When he gets there his appearance changes – his face and clothes shine with light. How do you think James and John feel when they see this?

A voice comes from a cloud, saying: 'This is my Son, the Beloved. Listen to him.' Whose voice do you think this is? How do you think the disciples feel when they hear God's voice?

The disciples are very afraid but Jesus tells them not to be and everything looks normal again.

Have you ever heard God's voice talking to you? How do you think you can try to listen to God? Do we need to climb a mountain?

We can hear God's voice when we stop and pray. When we make time for God in our lives. And when we make the right choices in how we treat others.

The disciples' lives are changed by what happened on the mountain. They now know just how special Jesus really is – that he is God's Son. They have seen his face shine like the sun and they have heard God speak to them.

Our lives are changed by Jesus too. Jesus lives in all of us. He asks us to always try to do what is right, to stand up for what we believe in and to help other people. Jesus calls us to show God's love to others.

Our love for one another can also shine out like the sun, as we treat all people as we would like to be treated by others.

People all around the world are different but they were all made by God. Every person is unique and special.

CAFOD helps people who are poor and hungry around the world as they do what they can to change their lives for the better. People like Dristy and Rupali in Bangladesh, who have learnt what trees to plant to protect their village from strong storms called cyclones. They also share their knowledge to help others.

What will you do this Lent to listen to God and to make sure your love for other people shines out like the sun?

Activity

Remember that Jesus' face shone like the sun. On the activity sheet, colour the illustration and draw or write in the sun the names of people whose love shines out in your lives. On the back, write or draw what you will do this Lent to help your love for other people shine out.

Remember to share with your grown ups all that you have heard and thought about in the liturgy today. Try to do one thing during the week to help your love for others shine like the sun.

Second Sunday in Lent

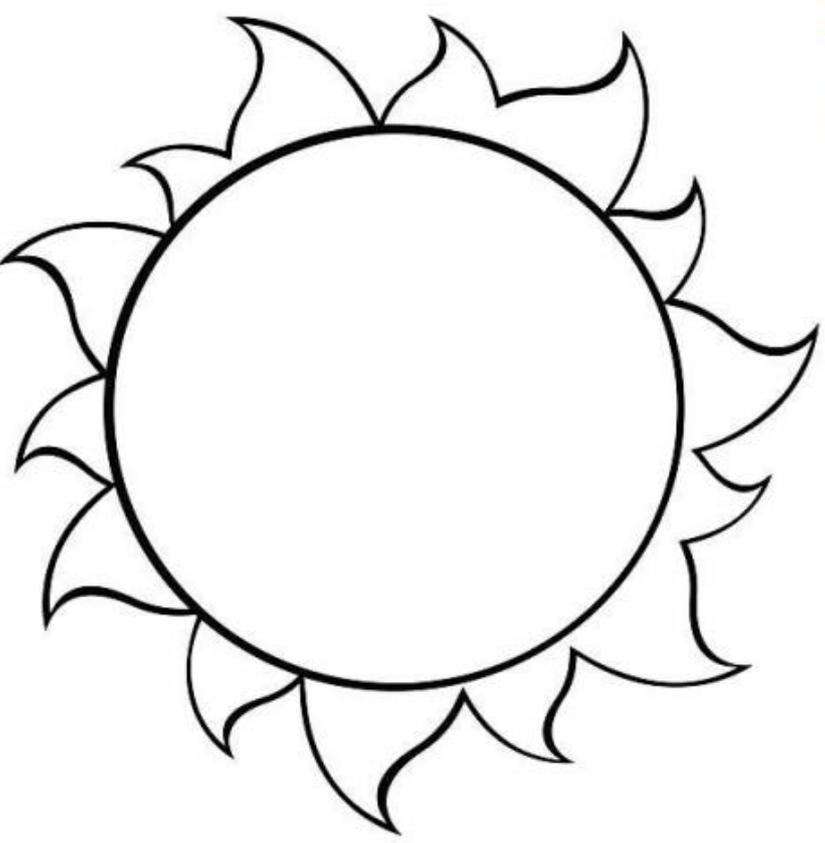
Gospel: Matthew 17:1-9



"As they looked on, a change came over Jesus: his face was shining like the sun..."

Jesus' appearance changed on the mountain.
His face shone like the sun.

In this sun, draw or write the names of people whose love shines out.



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