

<https://www.youtube.com/watch?v=9Q634rbsypE>



Our theme this week is:



Peace be with you
And with your spirit



We light our candle to remind us of Christ's
presence with us as we gather
+In the name of the Father ...

Bread of Life

Bread of Life, truth eternal
Broken now, to set us free
The risen Christ, his saving power
Is here in bread and wine for me

Lord, I know I am not worthy to receive you
You speak the word and I am healed.
Here at your table, love's mystery
One bread, one cup, one family.

Lord, by your cross you reconciled us to the
Father

We have only to believe.

Your sacrifice, our victory

Now by your blood we are redeemed

Lord, you gave your people Manna in the desert.

Still you fulfill our every need.

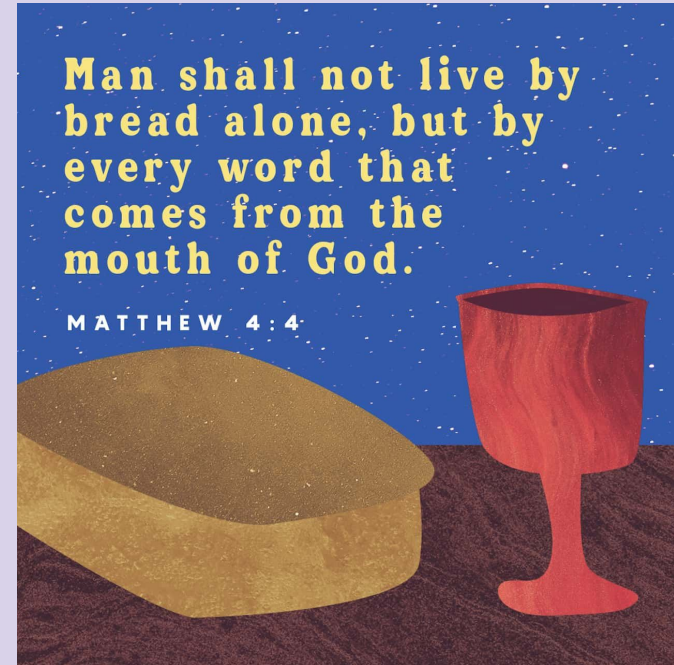
Lord, when we hunger, Lord when we thirst,

We come to you and we receive.

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.**



Lord Jesus, for the times we have hurt others.
Lord, have mercy.

LORD HAVE MERCY

Christ Jesus, for the times we have not
forgiven others when they have hurt us.
Christ, have mercy.

CHRIST HAVE MERCY

Lord Jesus, for the times we have stood by
when we have seen something we know is
wrong.

Lord, have mercy.

LORD HAVE MERCY



Please *stand* while we listen to the Gospel.

A reading from the Gospel according to Matthew:
Glory to you O Lord



One day, Jesus took Peter, James and his brother, John, up on a high mountain, away from everyone. While they were there, his face changed and shone like the sun, and his clothes became white as light. Then the disciples saw Moses and Elijah there talking with Jesus. Peter said,

“Lord, it’s good for us to be here! If you want me to, I will make three tents; one for you, one for Moses and one for Elijah.”

While Peter was still talking, the shadow of a cloud came over them, and a voice came from the cloud saying,

“This is my Son, whom I love very much. Listen to him.”

When the disciples heard this, they fell to the ground, because they were filled with wonder and awe. But Jesus came and touched them and said,

“Don’t be afraid.”

And when they looked up, they saw only Jesus standing there. When they were coming down from the mountain, Jesus told them,

“Don’t tell anyone what you have seen until I am raise from the dead.”

The Gospel of the Lord

PRAISE TO YOU, LORD JESUS CHRIST

Time to reflect on God's words for us
today.



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.

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

Bidding Prayers

We pray together to God whose love gives us strength:
We pray for all world leaders: that they may follow Jesus' example and make decisions that will change our world for the better. Lord, in your mercy **Hear our prayer.**

We pray for people who are poor around the world: that they may feel supported by others as they work to build a better future for themselves and their families. Lord, in your mercy... **Hear our prayer.**

We pray for our parish, families and friends: that we may see Jesus in all people we meet and let our love shine out in all that we do. Lord, in your mercy... **Hear our prayer**

In the quiet of our hearts let's say our own prayer to God.



We ask you Mother Mary to pray with us as we say:

Hail Mary, full of grace, the Lord is with thee,

blessed art thou among women and
blessed is the fruit of thy womb Jesus.
Holy Mary, Mother of God, pray for us
sinners now and at the hour of our
death. Amen

Closing Prayer

God of love, help us to be like your Son,
and make a real difference to the lives of
our global family. Amen.

Amen.

Our Faith in Action



This week let us show the Gospel Value of **Integrity** and the Virtue of **Faith**.

We can show **Integrity** by:

- Valuing honesty and openness.
- Taking responsibility and accountability for your actions, good and bad.

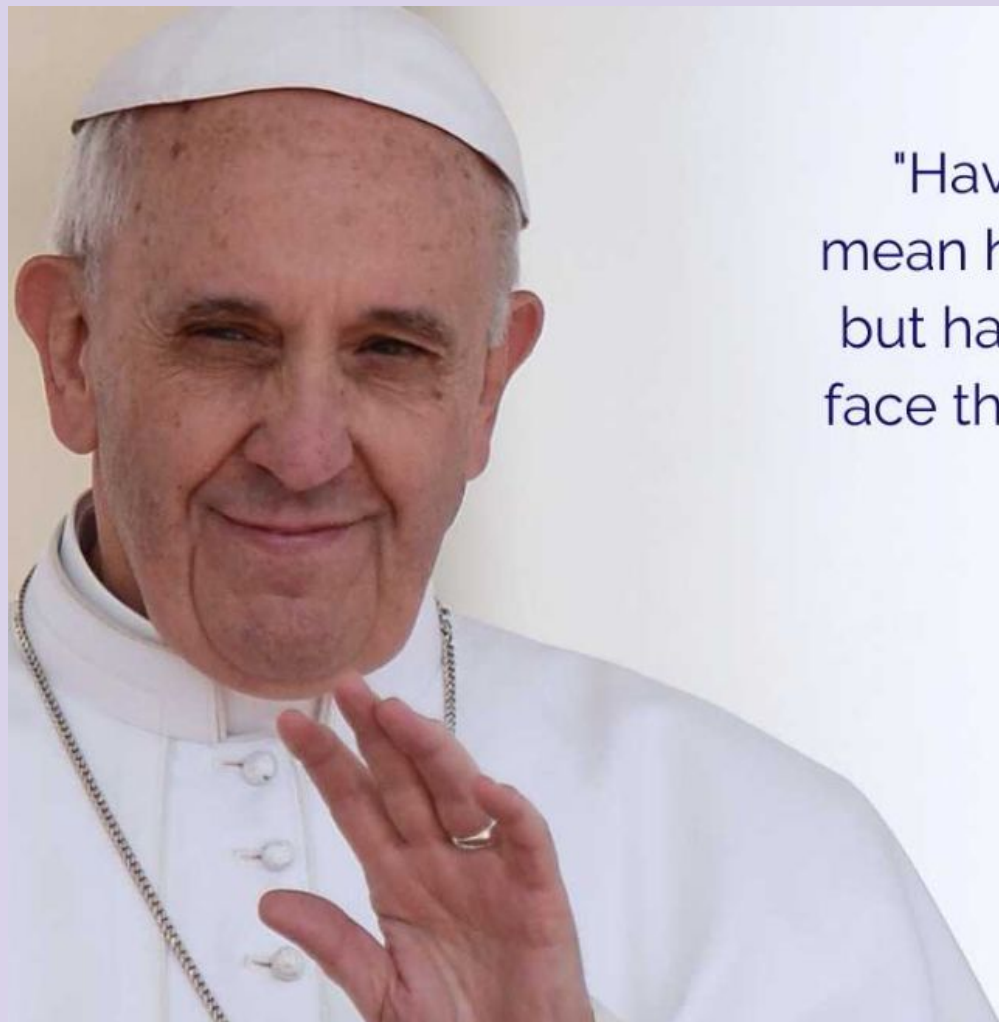
We can show **Faith** by:

- Using our prayer spaces and prayer journals when we want to feel closer to God.
- Not giving up and having faith in our own abilities.

May God bless us with
his mercy, strengthen
us with his love, and
enable us to walk with
courage, hope and
faith in ourselves and
you.

THANKS BE TO GOD





"Having faith does not mean having no difficulties, but having the strength to face them, knowing we are not alone."

- Pope Francis

<https://www.youtube.com/watch?v=9Q634rbsypE>

