

Family Faith at Home



Make Sunday Come Alive All Week!

The Department of Youth Faith Formation wants to help you and your whole family explore God's Word in your lives. Each week we will be sending out this resource which can help you reflect on the upcoming Sunday readings with your entire family.

Here are some ideas on how to use this resource:

- Consider reading one of the mass readings each evening.
- Do the discussion questions after dinner one night.
- Watch the video on a different night.
- Pray the prayer each evening.



Second Sunday of Lent

Mass Readings:

Genesis 22: 1-2, 9, 10-13, 15-18

Psalms 116: 10, 15, 16-17, 18-19

Romans 8: 31-34

Mark 9: 2-10

[Readings can also be found at the United States Conference of Catholic Bishops.](#)

Discuss

After reading the Sunday readings, discuss as a family:

1. In the first reading from Genesis, God asks something very hard of Abraham. How did Abraham respond? What did God do? Why was God pleased with Abraham?
2. Does this willingness to sacrifice Abraham's only Son remind you of anyone else who offered His only Son as a sacrifice for the world? (Hint: John 3:16)
3. In the Gospel reading Jesus is changed or transfigured in front of his Apostles Peter, James and John. Why do you think Jesus wanted his apostles to see him in his glory? What was Jesus about to do? Do you think that what the Apostles saw that day helped them through the difficult days ahead of them?
4. God the Father speaks and says "This is my beloved Son. Listen to him." Do you think God says the same thing to us today?

Share

Pope Benedict wrote in his book, *Jesus of Nazareth*, about the Transfiguration: "On the mountain the three of them [Peter, James, and John] see the glory of God's Kingdom shining out of Jesus. On the mountain they are overshadowed by God's holy cloud. On the mountain – in the conversation of the transfigured Jesus with the Law and the Prophets – they realize that the true Feast of Tabernacles has come. On the mountain they learn that Jesus Himself is the living Torah, the complete Word of God. On the mountain they see the 'power' (dynamis) of the Kingdom that is coming in Christ." Jesus knew that his apostles needed to be reminded of the hope that is found in Christ. The *Catechism of the Catholic Church* reminds us that "Christ's Transfiguration aims at strengthening the apostles' faith in anticipation of His Passion: the ascent onto the 'high mountain' prepares for the ascent to Calvary. Christ, Head of the Church, manifests what His Body contains and radiates in the sacraments: 'the hope of glory.'" (CCC 568)

Watch

For families with small children, [watch this video.](#)

For families with older children, [watch this video.](#)

Pray and Do

Have you ever had to do anything that you found hard to do? Do you think you can offer that to God in sacrifice as a sign of your love for him? Maybe the next time you have to put down your video game and finish your homework; or the next time you have to get out of a nice warm bed in the morning to do your chores, you can offer this to God in prayer, "Dear God, I will do this difficult thing for you because I love you."

Do you think this would please God? Do you think you would feel closer to Him? Can you think of other things to offer him? In the following prayer, we can make all we do each day an offering to Jesus.

Morning Offering: Oh Jesus, through the Immaculate Heart of Mary, I offer to you all of my prayers, works, joys, sufferings and sorrows of this day for all the intentions of your Sacred Heart, in union with the holy sacrifice of the Mass throughout the world, in reparation for all of my sins and for the intentions recommended this month by the Holy Father. Amen.



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