

2nd Sunday of Lent
Sunday, March 16th 2025

FATH @ HOME

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First Reading: Genesis 15: 5-12, 17-18
Responsorial Psalm: Psalm 27: 1, 7-8, 8-9, 13-14
Second Reading: Philippians 3: 17-4: 1
Gospel: Luke 9: 28b-36

Full readings from USCCB [HERE](#)

1. HEAR

Grab your bible and look up the Gospel reading. Don't have one? No worries you can find the Gospel reading by clicking [HERE](#). (Bishop O'Connell's Gospel Reflection page.)

As an alternative to reading the Gospel, you can watch a short video with the proclamation for adults by clicking [HERE](#). (YouTube-Jesus Film 1:45min)

The children can also watch a video proclamation of the Gospel by clicking [HERE](#). (YouTube-Saddleback Kids 2:11min)

2. PRAY

Gather the family around a prayer space...

Going up the mountain to pray meant stepping away from everything to spend time with God. One of the pillars of Lent, prayer, invites us to be more intentional about spending time in dialogue with God.

Personal Dialogue with Jesus

- Jesus also chooses you to go up the mountain with Him. Imagine that you are with Peter, James, and John. You see how his garment shines with great brightness and you hear a voice from the cloud saying: "This is my chosen Son, listen to Him." What do you feel when you look at what is happening with Jesus?
- You are standing in front of Jesus. You want to tell Him many things, but you prefer to be quiet and listen to what He is going to tell you.
- If you feel comfortable, close your eyes for a moment and try listening to Jesus' voice.

- After spending a moment in dialogue with Jesus hear this song as a family: [I Heard the Voice of Jesus Say \(Lyric Video\)](#) - Catholic Music Initiative - Dave Moore, Lauren Moore



3. TALK

In today's Gospel we hear God, the Father, tells us that Jesus is His Son and that we should listen to Him. In this Lenten season reflect on what Jesus is telling you.

As a family talk about one or more of the following options:

- Share what you heard Jesus tell you in your personal dialogue with Him
- Why did Jesus invite his disciples to go with Him up the mountain? What is he inviting you to do?
- When I hear; "This is my chosen Son, listen to Him." What does it mean to me?
- What is the best way for me to hear the voice of Jesus?

Finish with this Prayer

Thank you for inviting me to experience your Transfiguration. Thank you for allowing me to recognize you as the Son of God, my Lord and my Savior. We ask You for your help to transform us day by day, so we may pass from a world of sin to a world filled with life giving grace and from selfishness to true love. Amen.

This week I commit to...

- Start each day with at least 15 minutes of dialogue with Jesus.
- Invite a friend or family member to attend mass with my family.

Share with us how you are living out
your faith at home. Use
#LACatholicsBelieve and tag
@LACatholics on social media.



Archdiocese of Los Angeles

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