

# Lent Week Two

## Second Sunday

LIGHT: 8 Tealights + Christ Candle

PRAY: Loving God, heal our hearts, transform our relationships, and transfigure our lives so that we too might shine like the sun and love and dream and live more like Jesus. Amen

EXTINGUISH: 3 Tealights

READ: Matthew 17: 1-9

REFLECT: There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light.

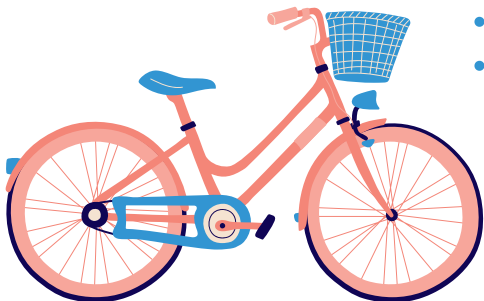
BLESS: May God bless you and keep you! May the radiant face of God shine upon you as you follow Jesus' bright and brilliant ways of truth and life. Amen



## Practice

You can transfigure the world! This week, choose one way (or more!) to help the earth.

- recycling
- composting
- turning off lights
- eating vegetarian or vegan
- biking or walking instead of driving.



"There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light." Matthew 17: 2



## Activity

This week, go climb a mountain, or a hill, or simply go for a walk! As you go, play a walking game together. For example, tell a story by having one person begin with one sentence, followed by the next person with another sentence. Build your story together, one sentence at a time!



## Almsgiving

This week, sit together as a family and read/watch one of these [Caritas Stories](#) and pray about how your family could help support people living in some of the most vulnerable communities across the world by making a donation to Project Compassion. Maybe instead of a canteen lunch or a takeaway coffee, during Lent you place that money in a Project Compassion box!

