SACRED HEART CATHOLIC PRIMARY & NURSERY SCHOOL

Learning and loving with Christ as our teacher

PRAYER AT HOME

Dear Parents and Carers,

As we enter the second week of Lent, we are invited to reflect deeply on the powerful words from this week's scripture: "This is my Son, the Beloved; with him I am well pleased; listen to him!" (Matthew 17:1-9). These words remind us of God's love for Jesus and call us to open our hearts to His voice in our lives.

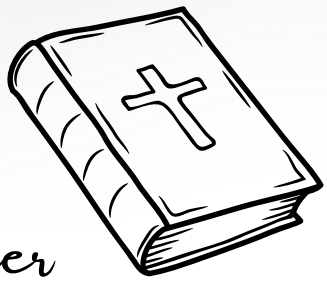
During this sacred Lenten season, let us deepen our relationship with God and strengthen the bonds we share with one another, embracing a spirit of reflection, compassion, and unity. It is a time to pause, listen, and respond to God's invitation through Jesus, deepening our faith and strengthening our bonds as a family.

May this time of prayer inspire you to embrace the Lenten journey with hope and love, listening attentively to the Beloved Son and allowing His message to guide your hearts.

With every blessing,

Mrs Linda Payne
Executive Headteacher

Lent - Week 2



Gather Together

1. Find a quiet space and sit together.
2. Begin by making the sign of the cross.



Listen

3. Read from the scripture, a quote from St. Matthew 17:1-9



"This is my Son, the Beloved; with him I am well pleased; listen to him!"

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Reflect

4. Spend a moment reflecting on this week's message. In this passage, Jesus takes Peter, James, and John up a high mountain. There, something amazing happens—Jesus' face shines like the sun and His clothes become dazzling white. Then, God speaks from a cloud and says, "This is my Son, the Beloved; with him I am well pleased; listen to him!"

This means that Jesus is God's special Son, full of love and goodness. God is very happy with Jesus because He always does what is right and teaches us how to live with love and kindness. When God tells us to "listen to him," He wants us to pay attention to Jesus' words and follow His example every day.

So, when we hear Jesus' teachings in the Bible or see how He helps others, we remember that God loves Him very much—and He wants us to love Jesus too by living like Him.

Pray

5. Spend a minute in complete stillness and quiet, reflecting and then say the prayer below together.

Dear Heavenly Father,
Thank you for sending us Your Son, Jesus.
Help us to listen carefully to His words every day.
Teach us to be kind, loving, and brave like Jesus.
When we feel unsure or scared, remind us that You are always with us.
We want to make You happy by following Jesus' example.
Amen.



Living out the Message

6. Matthew 17:1-9 is such a beautiful reminder of Jesus' special relationship with God and the importance of listening to Him. Here are some friendly examples of how children can live out that message in their daily lives:

1. **Listening to Jesus**: Just like the verse says, "listen to him," children can pay attention to what Jesus teaches through the Bible, stories or in church. They can try to understand His messages about kindness, love and forgiveness.
2. **Being Kind and Loving**: Since Jesus is the beloved Son of God, children can show love to others just like He did—by being kind to friends, family and others.
3. **Praying Regularly**: Talking to God through prayer helps children feel connected to Jesus and understand what He wants them to do.
4. **Trusting God's Plan**: Just as God was pleased with Jesus, children can learn to trust that God is pleased when they try their best to follow Him, even when things are hard.
5. **Sharing Jesus' Message**: Children can share stories about Jesus with friends or family, helping others learn about His love and teachings.

Living out this message is all about listening, loving, trusting and sharing—simple but powerful ways children can grow in their faith every day!