

# Children's Liturgy Resource for Second Sunday of Lent (Year C)

## Preparation of the worship space

Colour: purple

## Song suggestions:

Praise to you, O Christ our Saviour (200, Laudate)

**Welcome:** In today's gospel we hear about an amazing thing that happened to Jesus, which showed the disciples just how important he was. A great change came over him. Let's think about the changes we can make during Lent.

**Opening prayer:** God of light, you sent your Son Jesus to show us how to live. Help us to make a change in our world, so that all people can live free from poverty and hunger. Amen.

**First Reading (optional):** Genesis 15:5-12, 17-18

**Psalm:** Psalm 26:1, 7-9, 13-14

**Gospel acclamation:** *everyone stands and sings the acclamation together. For Lent we use an acclamation that doesn't use the word 'Alleluia'. We suggest 'Change your lives and believe in him' by Christopher Walker (OCP Publications).*

**Gospel:** Luke 9:28-36

**Gospel reflection:** What do you remember from today's reading?

Jesus goes up a mountain with Peter, James and John to pray. While he is there a great change comes over him. His face was changed and his clothes became sparkling white. How do you think the disciples felt when they saw this?

Then a voice came from the clouds saying, "This is my Son, the Chosen One. Listen to him." Whose voice do you think this is? How do you think the disciples felt after hearing God speak directly to them?

How would you feel if you had been on the mountain with Jesus when all this happened?

Jesus is changed. And everything changes for the disciples too. After all they now know that Jesus really is the Son of God.

Lent is a time when we try to make a change to our lives too. We try to live the way God wants us to.

If we listen to Jesus and spend time with God in our lives then we too can be changed for the better. How do you think we can best listen to Jesus?

God asks us to be kind and generous to others and to treat them as we would like to be treated. Do you think you could listen to God a bit more this Lent? What will you do in order to listen more to God? What will you do to try and live more as God wants us to?

By living as God asks us to, you can also change the lives of other people and help them when you can.

People like Rabiul and his family who we heard about last week, and all people who are poor around the world.

This Lent, how can we all make a change, so that all people can live their lives free from poverty and hunger?

**Intercessions:** *You may want to ask the children to offer their own prayers or you can use the suggestions below.*

Let's pray together:

We pray for world leaders: that God may guide them to make wise decisions for the good of all people in the world. Lord, in your mercy...

We pray for Rabiul and for all people who struggle to get enough to eat: that they may find the strength and help that they need to change their lives for the better. Lord, in your mercy...

We pray for our parish, family and friends: that we may take the time to listen to what God asks of us and act to change our lives and our world for the better. Lord, in your mercy...

**Closing prayer:** God our Father, help us to see your Son in all people and to treat them as we would wish to be treated ourselves. Help us to listen and live our lives as you ask us to. Amen.

### **Activity suggestions**

Ask the children to colour in the accompanying illustration and to write or draw on the back, what they will do to make a change to their own lives and the lives of others this Lent.

Ask the children to sit quietly for a few moments and listen to God. Ask them to think about all the things they would like to change to make the world a fairer place where all people have the things that they need, like food, water and somewhere safe to live. Ask the children to write or draw a list of these changes and the difference that they would make to the world. You could use glitter to make the children's lists or pictures sparkle, like Jesus' clothes in today's gospel.

Ask the children to tell their grown-ups all that they have heard and thought about today. Ask them to try to listen to God and make a change in their own lives and in the world this week.

For more activities and resources to help children to support Family Fast Day this Lent, visit [cafod.org.uk/primary](http://cafod.org.uk/primary)

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For more children's liturgy resources and illustrations see [cafod.org.uk/childrensliturgy](http://cafod.org.uk/childrensliturgy)

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