



Second Sunday of Lent: Clothed in Light

THE GRACE I SEEK: to believe that Jesus will transform my whole being in himself

IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY SPIRIT. AMEN.

Jesus, the Lord of Life, has given himself to you in the Eucharist. He is gazing upon you, his beloved child, with great love at this very moment. Pause for a few moments and wonder at his gift for you. Allow yourself to rest in his loving gaze.

Thank Jesus for the gift of himself in the Eucharist.

ASK FOR THE GRACE: Jesus, help me to trust you to envelop me daily with your light and grace.

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Allow the words of Scripture to wash over your mind and heart. Allow the Holy Spirit to speak to you through this passage.*

“The LORD said to Abram: ‘Go forth from the land of your kinsfolk and from your father’s house to a land that I will show you. I will make of you a great nation, and I will bless you; I will make your name great, so that you will be a blessing.’” (Genesis 12:1-2)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

As you continue this journey of Lent, how has the Lord revealed his blessings to you? Recall concrete examples of the physical and spiritual blessings he has showered upon you. How do these blessings transform your heart so that you are a blessing to others?

SCRIPTURE MEDITATION — *Read slowly, 3-4 times. Again, allow the words of Scripture to wash over your mind and heart. Let the Holy Spirit speak to you through this passage.*

“Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. [...] Then Peter said to Jesus in reply, ‘Lord, it is good that we are here.’” (Matthew 17:1-2, 4)

REFLECTION QUESTION — *Allow yourself to sit with these questions for a while, being attentive to how the Lord is speaking in your heart.*

The Lord leads us to a place of intimacy with himself, and in that intimacy he transforms us in his light and goodness. Gazing upon the Eucharist, ask Jesus to lead you to intimacy with his heart. Rest in that heart, and say with the disciples, “Lord, it is good that I am here.”

Remain in silence with the Lord. Allow him to speak in the silence, in your heart. Receive his presence. If it helps, write down what you sense the Lord communicating to you during this time of prayer.

CLOSING PRAYER — O God, who have commanded us to listen to your beloved Son, be pleased, we pray, to nourish us inwardly by your word, that, with spiritual sight made pure, we may rejoice to behold your glory. Through our Lord Jesus Christ, your Son, who lives and reigns with you in the unity of the Holy Spirit, God, for ever and ever. (Collect, Second Sunday of Lent)

SUNDAY MASS CONNECTION — At every Mass, Jesus offers himself to the Father for us. We can always join our own offerings with Jesus at Mass. This Sunday, offer your longing to be clothed in Christ so that you become a blessing to others, just like Jesus.