



Share your highs and lows, or respond to the following:

1. Are you a good listener?

2. What is involved in listening carefully to others?



JESUS IS THE SON OF GOD







Read the following Bible readings throughout this week. Talk about what words or phrases stand out for you.

1st reading2nd readingExodus 24:12-182 Peter 1:16-21Ten CommandmentsEyewitnesses of<br/>his majesty

Gospel reading

Matthew 17:1-9 Jesus shines on a mountain

## DISCUSS

When Jesus went to heaven, a voice said, 'Listen to him'. How do you hear Jesus?



Consider giving up a household treat food or activity for Lent. Each week put aside the amount of money saved in doing so. At the end of Lent, donate the money to a charitable cause.



## MEALTIME PRAYER

God our provider, you are full of love and full of might. May we shine for you, with faith so bright. Amen.



Father in heaven, thank you for the gift of your beloved Son. Please open our ears to listen to him and our hearts to obey him. Amen.



BLESSING

May the Lord Jesus bring you peace as you look to him, now and always.

FROM THE CLOUD A VOICE SAID, "THIS IS MY OWN DEAR SON, AND I AM PLEASED WITH HIM. LISTEN TO WHAT HE SAYS!"

MATTHEW 17:5