

On A Mountain





LENT



2nd Sunday of Lent Year B (Mark 9: 2-10)

And after six days Jesus took with him Peter and James and John, and led them up a high mountain apart by themselves; and he was transfigured before them, and his garments became glistening, intensely white. And there appeared to them Elijah with Moses; and they were talking to Jesus. And Peter said to Jesus, "Master, it is well that we are here; let us make three booths, one for you and one for Moses and one for Elijah." For he did not know what to say, for they were exceedingly afraid. And a cloud overshadowed them, and a voice came out of the cloud, "This is my beloved Son; listen to him." And suddenly looking around they no longer saw any one with them but Jesus only. Coming down the mountain, he charged them to tell no one what they had seen, until the Son of man should have risen from the dead. So they kept the matter to themselves, questioning what the rising from the dead meant.

The Gospel of the Lord



Prayer One

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

Reflection

When you climb to the top of a mountain you can see an amazing view. Pretty much everything around becomes visible to you and you can see for miles and miles.





As we start the day today, try to imagine that your life is a journey... a road that you can see. Imagine that you have an overview of that road and of everything in your life. Everything that's ahead of you, everything behind, and everything around you.

Have a think about each of these questions:

[please pause for a moment after each question]

What have been the best things that have happened on the journey so far?

What is happening on the journey at the moment?

What are you looking forward to about what lies ahead?

What are you worried about in the future?



Final Prayer



God our Father, you are the God of our past, our present and our future. You give meaning to where we have been and assurance to where we are going. Help us to take the right paths in life, and help us to enjoy and to learn from each place we go.

Our Father, who art in heaven...

In the name of the Father and of the Son...



Prayer Two

The Sign of the Cross

**Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen**

Reflection

This week's Gospel reading tells us about an experience that was really powerful for those present.



We will all have times in our lives when powerful and memorable things happen.

Most days in our lives pass without anything happening that will make us remember the day for more than a few weeks. But sometimes we are surprised by amazing and good things that happen to us, and at other times we are saddened or disturbed by negative things.

For the most part, we can't change the things that we go through but we can make sure that we learn from them.

If you look back over your life there will be powerful experiences that stand out. There will be things, both good and bad, that are hard to forget.

How these experiences and moments shape us and how we respond to them plays a huge part in making us who we are.





Final Prayer

God our Father, help us to make sure that life doesn't pass us by, but that we learn from every experience. Help us to take the good things that come our way and to pass them onto others. Help us to learn from the bad times and to use those experiences to make us stronger.

Our Father, who art in heaven...

In the name of the Father and of the Son...



Prayer Three

The Sign of the Cross

Let us remember that everything we do is
In the name of the Father, and of
the Son, and of the Holy Spirit. Amen



Reflection:

*Shortly after the Second World War
the city of Berlin was divided into two
halves, as was the entire country of
Germany.*





The divisions began after the various powers that were controlling Germany after the war fell out. Pretty soon a wall was put up through the middle of the capital city. The Berlin Wall was seen everywhere as a symbol of division and conflict.

The wall finally came down in 1989, and the country was unified shortly after. Throughout most of its history the Berlin Wall was covered in graffiti. On one particular part, somebody had painted a message, in German, which said *sooner or later every wall falls*.

When this was painted you have to wonder how realistic it looked that the wall would come down, and you have to admire the optimism of the artist in question.

With the right set of circumstances any wall can come down and perhaps that is what Lent is all about: looking at the walls in the world and looking at the walls in our own lives. Things that hold us back, things that create division, things that stop us from being the people we are meant to be. With courage, hope, and the help of God, any wall can fall.



Final Prayer

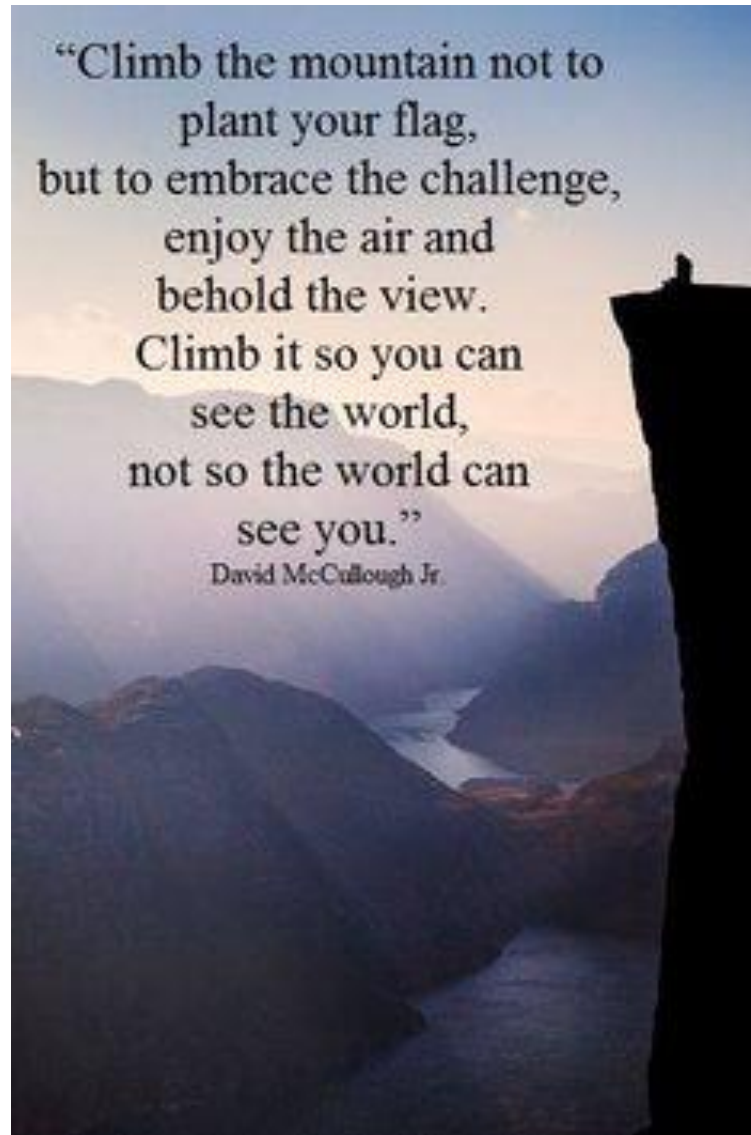
God our Father, give us the courage and the love to break down the walls in our hearts and to play our part in breaking down the walls in the world around us. Pour your love and your joy into us this Lent and help us as we journey toward Easter to be prepared for the message of love that it brings.

Our Father, who art in heaven...

In the name of the Father and of the Son...



Final Thought...



Next Weeks Theme: Reverence