

LIVING FAITH

SECOND SUNDAY OF LENT

MARCH 1

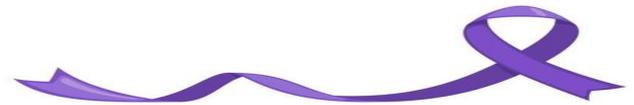


THE GOSPEL FOR TODAY: Matthew 17:1-9

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, ‘Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.’ While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, ‘This is my Son, the Beloved; with him I am well pleased; listen to him!’ When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, ‘Get up and do not be afraid.’ And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, ‘Tell no one about the vision until after the Son of Man has been raised from the dead.’

REFLECTING ON THE GOSPEL



The Feast of the Transfiguration is celebrated in the Church in August (this year, on August 6, 2026). Today, near the beginning of Lent, we hear the Gospel that recounts this event. Why? The Feast of the Transfiguration of Jesus, and the Gospel that we heard today, are all about vision, about seeing clearly. Jesus brought Peter, James and John up the mountain with Him in order that they might witness His Transfiguration, and thus see and know, clearly, who He was.

Throughout our lives, Jesus takes every opportunity to show us who He is. He reveals Himself through other people. He reveals Himself through world events and the events of our lives. He reveals Himself in the Sacraments. He reveals Himself in nature.

In the Transfiguration, we see and recognize Jesus as the Son of God, and we hear the voice of God saying “This is my Son, the Beloved; with him I am well pleased; listen to him!”

TALKING WITH FAMILY AND FRIENDS



- How has Jesus revealed Himself to you?
- Where have you met Jesus?
- What difference has Jesus made in your life?
- How do you listen to Jesus in your daily life?

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The Transfiguration



While he was still speaking, a bright cloud enveloped them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!" Matthew 17:5 (NIV)

Complete the activity by filling in the blanks.

A number of words have been removed from the text and placed in a word bank. Use the words from the word bank to fill in the blanks in the text. Write the words in the blanks provided.

After _____ days Jesus took with him Peter, James and John and led them up a high mountain.

While they were there, _____ was transfigured before them.

His _____ shone like the sun and his _____ became as white as the light.

Suddenly, Moses and Elijah appeared and were _____ with Jesus.

Peter said, "Lord it is good for us to be here. If you wish, I will put up _____ shelters-one for you, one for Moses, and one for Elijah.

While they were talking, a bright cloud covered them and a voice from the cloud said, "This is my _____, whom I love; I am pleased with him. Listen to him!"

When the disciples heard this, they were terrified and _____ face down to the ground.

Jesus said to them, "Don't be _____. Get up.

As they went down from the mountain, Jesus told them not to tell anyone what they had _____.

Based on Matthew 17:1-9

Son	Jesus	afraid	talking	seen
face	six	clothes	three	fell

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Journey Through Lent 2026 *Canadian Conference of Catholic Bishops*

The 2026 Journey through Lent video series, which includes reflections on the readings for Ash Wednesday and each Sunday in Lent including Palm Sunday, is available. It is a joint project between three CCCB offices (the Office national de liturgie, the National Liturgy Office, and the Office for Evangelization and Catechesis).

This year's spiritual reflections are delivered by the Most Reverend Daniel Miehm, Bishop of Peterborough (in English), and the Most Rev. Juan Carlos Londoño., Auxiliary Bishop of Quebec (in French).

The videos are available [here](#).

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THE CHURCH TEACHES
ONE OF THE PILLARS OF LENT IS PRAYER

THE BASIC FORMS OF PRAYER

Blessing & Adoration

In prayers of adoration we praise God and acknowledge our dependence on Him.

Example: The Gloria and Act of Faith

1

Petition

In prayers of petition we ask God for things we need both spiritually and physically.

Example: Our Father

2

Intercession

In prayers of intercession we make requests to God on behalf of other people.

Example: Watch, O Lord (St. Augustine)

3

Thanksgiving

In prayers of thanksgiving we thank God for the good things.

Example: Grace Before Meals

4

Praise

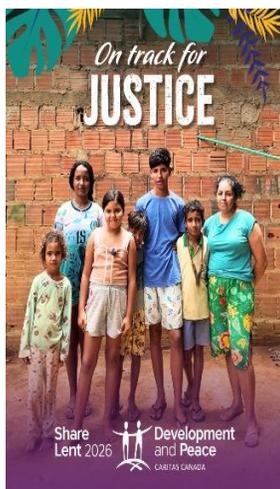
In prayers of praise we express our love for God, the source of all love.

Example: Act of Charity

5

SHARE LENT 2026 THEME: ON TRACK FOR JUSTICE

Share Lent 2026



Week 2: March 1 Development and Peace — Caritas Canada's work in a nutshell: Dignity, participation, solidarity, the preferential option for the poor and integrity. These are the values at the heart of the work of Development and Peace — Caritas Canada, the official international development organization of the Catholic Church in Canada. Since 1967, we've been walking hand in hand with communities in the Global South to promote justice, peace and dignity.

Guided by Catholic Social Teaching, we support partner-led projects that reach over 7 million people in more than 30 countries around the world.

Discover all the resources at www.devp.org/lent/resources.

MARCH 1 (Prayer of the Faithful)

For the countries of the Global North, that they may recognize their ecological debt to the peoples in countries of the Global South and help them finance projects to adapt to climate change and mitigate its effects, let us pray to the Lord



Message of Pope Leo XIV for Lent 2026

The 2026 Message of Pope Leo XIV for Lent is titled "Listening and Fasting: Lent as a Time of Conversion."

In his message, the Holy Father writes: "Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life."

Read the full message [here](#).