

OLM Parish Family
Health Ministry Lenten Program
"Walk with Jesus on the Road to Jerusalem"



Second Sunday of Lent

Readings: Genesis 12:1-4a; 2 Timothy 1:8b-10; Matthew 17:1-9

"God is merciful and is not stingy in granting forgiveness". He awaits our communication with him; he wants our repentant hearts. How many times do we hold a grudge or are slow to forgive? Are we stingy in granting forgiveness to those who have harmed us in some way? Even if someone has not asked for our forgiveness, we can forgive them and pray for them. That's what our Lord is calling us to do. Opportunities for forgiveness and mercy truly exist in the heart of your home. Will you look for them today? Encourage the people in your life to forgive one another, emphasizing the importance of practicing the virtues."

St. John Paul II - General Audience, February 17, 1999

Reflection

Today is the Second Sunday of Lent. The gospels in the Church's three-year cycle of readings speak about the transfiguration of Jesus. Peter, James and John were taken up on a high mountain by Jesus, who revealed his glory to them. Jesus' face and clothes suddenly dazzled a pure, radiant white. A voice spoke from a cloud, "This is my beloved Son, with whom I am well pleased; listen to him". This encounter frightened the disciples, who fell down. Jesus comforted them and asked them not to reveal what they saw to anyone until he rose from the dead. The experience gave the disciples strength for the journey ahead. Ask God for strength for your journey. Is there something you can do this Lent in helping you to "transform" your faith?

Beginning Prayer

Dear Jesus, help our family and all in our parish family grow in holiness.

Fasting

Today, fast from any quarreling. Encourage everyone to be patient and kind today and always

Almsgiving

Think of how you can be an instrument of God's peace today.

Intention

Pray for peace in the world.

Closing Prayer

Dear Jesus, please help us help one another in our family, choosing to put others before ourselves

Faith Journey Questions

1. Each night take time to reflect on your day, where you encountered Christ and where you might have missed him.
2. Visit a person who is suffering either physically, mentally or psychologically to bring joy and hope to them.
3. Make the Stations of the Cross reflecting on Jesus' suffering and your own experience of carrying your cross. Join us on Friday evenings at 7PM in the Chapel

Lenten Challenge

Be the first to say I'm sorry to someone.

Lent Quiz

True or False: Suffering is never meaningless when it is united to the cross of Christ.

Prayer for Sundays of Lent

Heavenly Father, as I enter another week of my Lenten journey, guide me to the path that leads to you. Fill my heart with gratitude, patience, strength and peace as I strive to become the-best-version-of-myself, honestly admitting my shortcoming and sins. As I renew my resolve each day to become a better person, let me hear your voice in the deepest reaches of my heart. Give me rest in you. Help me to accept others, showing them your great love instead of casting judgment. Stay with me through the busy days this week and remind me that when I need comfort, solitude, wisdom or guidance, I can always turn to you. Help me develop discipline and generosity through fasting and almsgiving, and come closer to you through prayer this Lent. In your name I pray, Amen.



Second Week of Lent - Monday - Luke 6:36-38

*"In a family it is normal to take charge of those who need help. Do not be afraid of frailty!"
Pope Francis, Twitter February 27, 2014*

Reflection

The family unit can seem very frail at times and even completely broken. Its individual members can also be frail due to sickness and a variety of other reasons. Taking care of frailty can in many ways be daunting. Yet Pope Francis commands us not to be afraid. What steps can you take during this season of pondering and praying to step up to the plate and throw away your fear?

Beginning Prayer

Dear Jesus, give us courage.

Fasting

Today, fast from doubt.

Almsgiving

Throw away your fears and reach out in faith to aid someone..

Intention

Pray for a deeper hope in the world.

Closing Prayer

Dear Jesus, I love you!

Lenten Challenge

Go through your closets and donate usable clothing and household goods to a local charity.

Lent Quiz

What is the Lenten spiritual practice of lifting our minds and hearts to God?



Second Week of Lent - Tuesday - *Matthew 23:1-12*

It is urgently necessary to find new forms and new ways to ensure that God's grace may touch the heart of every man and every woman and lead them to him. We are all simple but important instruments of his; we have not received the gift of faith to keep it hidden, but, rather, to spread it so that it can illumine many of our brothers and sisters on their journey
Pope Francis: Address, May 17, 2013

Reflection

Our work is indeed cut out for us as Christians. We are hugely responsible for helping to shape the consciences of our children and for those we are responsible for. Our Lord requires our whole-hearted willingness to do all that is necessary to aid and teach them. Jesus also calls us to be a worthy example to everyone we come in contact with. We are a representative of the Church - whatever we do and say helps to transform lives. We cannot hide our Christian light under a bushel!

Beginning Prayer

Dear Jesus, please ignite a huge flame of faith in our hearts to share with others.

Fasting

Today fast from complacency. Act with faith instead.

Almsgiving

Give some time today to explaining some aspect of Christianity to someone.

Intention

Pray for our neighbors.

Closing Prayer

Dear Jesus, help us to spread your love.

Lenten Challenge

Pay attention to someone you are tempted to brush aside.

Lent Quiz

Fill in the blank: "Remember that you are dust and _____ you shall return".



Second Week of Lent - Wednesday - Matthew 20:17-28

Thoughtfulness is the beginning of great sanctity...Our vocation, to be beautiful, must be full of thought for others...Jesus went about doing good. Our Lady did nothing else at Cana but thought of the needs of others and made their needs known to Jesus".

Mother Teresa of Calcutta

Reflection

Mother Teresa teaches us that "thoughtfulness is the beginning of great sanctity". Sometimes being thoughtful is as simple as smiling at your spouse, your children, your neighbor, or being cheerful even when things are tough and you are feeling a bit "off". Smile anyway. You never know what kind of positive effect it will have on others - and on you!

Beginning Prayer

Dear Lord Jesus, help us to remember that you want us to think of others before ourselves.

Fasting

Today fast from complaining. Try to be extra thoughtful and think before speaking.

Almsgiving

Give away at least ten beautiful smiles away today and after each one say a little prayer to Jesus for the people you have smiled at. (To keep count, text yourself an emoji every time you give away a smile - see how many you have)



Intention

Pray for those who have not been treated with thoughtfulness.

Closing Prayer

Dear Jesus, help me (us) to take on a spirit of thoughtfulness and love.

Lenten Challenge

Find some time today to be silent for at least 10 minutes. Open your heart and listen to what God is saying to you, right here, right now.

Lent Quiz

How many days is Lent a retreat for the entire Church marked by fasting, almsgiving, prayer and reflection on the passion, death and resurrection of Christ?

Second Week of Lent - Thursday - Luke 16:19-31

"For us Christians, wherever the Cross is, there is hope, always. If there is no hope, we are not Christian. That is why I like to say: do not allow yourselves to be robbed of hope. May we not be robbed of hope, because this strength is a grace, a gift from God which carries us forward with our eyes fixed on heaven".

Pope Francis - Homily, August 15, 2013

Reflection

Because life can sometimes seem so hard, we can lose hope if we are not careful. Pope Francis gives us the secret of retaining our hope. We must keep our eyes on heaven. We need to pray for the graces which are necessary to carry on. Christians should know that wherever the Cross is, there exists the miracle of abiding hope. Try your best to rely on the hope of the Cross even when everything looks dark or seems impossible. God is with you. Hang onto hope.

Beginning Prayer

Dear Jesus, I (we) need your graces and a huge dose of hope.

Fasting

Today, fast from any depressing or despairing thoughts. Keep your eyes on heaven.

Almsgiving

Give a gift of hope today - a family member, friend, co-worker or someone you don't know.

Intention

Pray for those in areas in the world where hope seems lost.

Closing Prayer

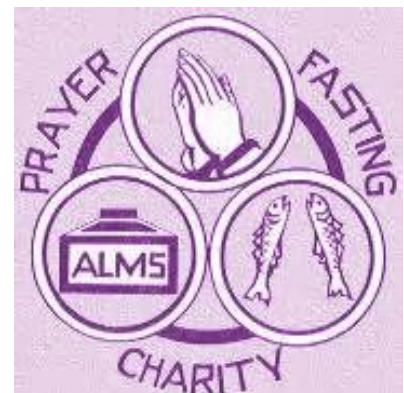
Dear Jesus, help us to be a ray of hope to others.

Lenten Challenge

Look out for someone who is sad today and find a way to cheer them up. Pay your HOPE forward - it might just make a HUGE difference in that person's life today.

Lent Quiz

What was the central message of hope the first Christians brought to the world?



Second Week of Lent - Friday - *Matthew 21:33-43, 45-46*

"Every day, I try to perform as many practices as I can and I do all in my power not to let a single occasion pass by. I am saying at the bottom of my heart the little prayers which form the perfume of roses, as often as I can".

- *Letters of St. Therese of Lisieux*

Reflection

St. Therese loved to imagine planting flowers and roses as she performed sacrifices and said her prayers, imagining she was growing a garden filled with countless virtues to please Jesus. Often we think we have to accomplish great things to please God, but in reality he wants us to be faithful to our duties within our vocation. Impress upon the children the need to offer up sacrifices and prayers during this penitential season to please Jesus.

Beginning Prayer

Dear Jesus, please accept our offering of prayer, fasting and almsgiving today. Help us grow in holiness and love.

Fasting

Today fast from rushing. If you are tempted to rush through prayers, good deeds, chores or whatever you need to do, make a point to slow down (even a little) to savor the moment and offer it lovingly to God.

Almsgiving

Take ten to fifteen minutes to be quiet and pray.

Intention

Pray for peace in our world.

Closing Prayer

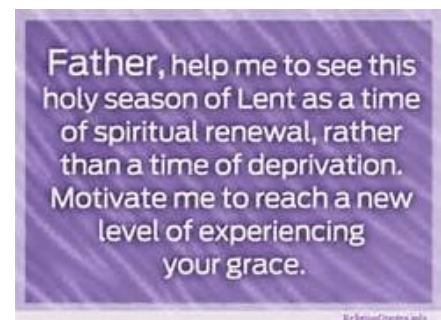
Dear Jesus, I (we) love you. Please accept my (our) little sacrifices.

Lenten Challenge

Try to not criticize others aloud or silently in your mind. Seek to understand instead.

Lent Quiz

What is the Lenten practice of sharing one's riches with those in need?



Second Week of Lent - Saturday- Luke 15:1-3, 11-32

"During Lent, everyone- rich and poor- is invited to make Christ's love present through generous works of charity...Our charity is called in a particular way to manifest Christ's love to our brothers and sisters who lack the necessities of life, who suffer hunger, violence or injustice. Lent helps Christians to enter more deeply into this "mystery hidden for ages". "

St. John Paul II: Message for Lent 2000

Reflection

Sometimes we feel as if we are out of time. We are so busy raising our families and are often exhausted from doing what we do. How can we possibly take on other works of charity as St. John Paul II speaks about above? First and foremost, we are to take care of our duties in the home. It would be wrong to go off and offer charitable works everywhere but at home. As Mother Teresa always professed, "Love begins at home". So, let's be sure to get our priorities straight, and then devise a way we can help the poor and need outside the family. Take some time today to plan an act of love and mercy you can perform this weekend.

Beginning Prayer

Dear Jesus, I (we) want to spread your love to others.

Fasting

Today fast from selfishness. We should never be selfish, but today focus on ways to live unselfishly. If you have children, it is a wonderful way to teach them about love.

Almsgiving

Give some extra time in prayer today for the need and unfortunate. Get together as a family or with friends and think of a way to do a loving act this weekend.

Intention

Pray for the poor of the world.

Closing Prayer

Dear Jesus, help us love others with your love.

Lenten Challenge

Send a letter, card, email or call someone to tell them that you love and how important they are to you.

Lent Quiz

True or False: Giving up candy or TV for Lent makes God love us.

