

Children's liturgy – Second Sunday of Lent (Year B)

Preparing for worship

If you are with the children, prepare the materials. If you are running an online session, let parents know in advance what is needed and suggest they download and print the illustration where possible from cafod.org.uk/childrensliturgy

Colour: purple

Props: card, colouring pens or pencils

Song suggestions: *Here I Am, Lord* (865, Laudate)
Be still for the presence of the Lord (720, Laudate)

Welcome: Today we hear a voice from the clouds saying “This is my Son, the Beloved. Listen to him.” How do we listen to Jesus in our lives? And how do we respond to what we hear about Jesus? Let's think a bit more about that today.

Opening prayer: God of mercy, you ask us to listen to your Son, Jesus. Open our ears to hear your Word and fill our hearts with your love so that we may change our lives and so change the lives of others. Amen.

First reading (optional): Genesis 22:1-2, 9-13, 15-18

Psalm: Psalm 115:10, 15-19, R. Psalm 114:9

Gospel acclamation: say or sing the acclamation. For Lent we use an acclamation without the word ‘Alleluia’, such as: Praise to you O Christ, king of eternal glory.

Gospel: Mark 9:2-10

Six days later Jesus took with him Peter, James, and John, and led them up a high mountain, where they were alone. As they looked on, a change came over Jesus, and his clothes became shining white—whiter than anyone in the world could wash them. Then the three disciples saw Elijah and Moses talking with Jesus. Peter spoke up and said to Jesus, “Teacher, how good it is that we are here! We will make three tents, one for you, one for Moses, and one for Elijah.” He and the others were so frightened that he did not know what to say.

Then a cloud appeared and covered them with its shadow, and a voice came from the cloud, “This is my own dear Son—listen to him!” They took a quick look around but did not see anyone else; only Jesus was with them.

As they came down the mountain, Jesus ordered them, “Don't tell anyone what you have seen, until the Son of Man has risen from death.” They obeyed his order, but among themselves they started discussing the matter, “What does this ‘rising from death’ mean?”
(Gospel passage taken from Good News Translation® and used with permission, see details below)*

Gospel reflection: What do you remember about that reading?

Jesus went up a mountain to be alone with his friends, the disciples Peter, James and

John. While he was on the mountain, a great change came over him. His clothes became bright and shining white and Elijah and Moses appeared and talked to him. Do you know who they were?

How did Peter, James and John feel when they saw the change that had happened to Jesus? Why were they frightened?

Then a cloud came over and Jesus's friends heard a voice, saying "This is my Son, the Beloved. Listen to him." Whose voice do you think this was? What do you think Peter, James and John must have felt when they heard God speaking to them from the cloud?

On the mountain the disciples saw Jesus's true loving self shining like the rays of the sun. If we listen to Jesus and spend time with God in our hearts then we too can let our true light shine brightly. For example, we could be kinder to other people, or extra helpful.

Ask the children to close their eyes, sit very still and listen, perhaps near an open window. Ask them to list all the sounds they can hear.

You can hear so much more when you really take time to listen. So how do you think we can best listen to what Jesus has to say to us in our lives? Could we, for example, pray more often, or perhaps listen to the gospel stories very carefully?

God asks us to be kind and generous to others and treat them as we would like to be treated. Do you think you could listen to God more this Lent? How? What will you do to try and live more as God wants? In Lent we spend extra time praying and we think about how we can help other people, and in this way let our true light shine out from inside us.

Intercessions: As we try to change our lives, we pray together:

We pray for world leaders: that they may make wise decisions for the good of all people in the world. Lord, in your mercy...

We pray for all people who are poor: that they may have the chance to change their lives for the better. Lord, in your mercy...

We pray for our parish, family and friends: that we may take the time to listen to what God asks of us and change ourselves to be brighter and kinder people who always help others. Lord, in your mercy...

Closing prayer: God of life, help us to listen to your Son Jesus and to live our lives as he asks us, making a real change to ourselves and the lives of all we meet. Amen.

Activity suggestions

Resources including a film can be found at cafod.org.uk/primary/lent

Ask the children to colour the accompanying picture of Jesus being transformed (cafod.org.uk/childrensliturgy).

Give them some card and ask them to cut out a cloud shape, or prepare some in advance. Share the story below with the children or watch the Lent film on our website and ask them how Abdul and Mohammed's lives could be changed for the better.

Now ask them to write or draw how they could help change the lives of children like these during Lent, (give things up, pray) or how they can change themselves. They can write or draw their ideas on their cloud and decorate it with bright colours to make it dazzling and bright, like Jesus was on the top of the mountain

Ask the children to write a prayer about little ways we can help make a brighter future for all the world. They can use lots of words like “light, bright, shining” etc. Ask them to say this prayer at home with their family during the next week.

For older children, print copies of the ‘One page primary calendar’ from cafod.org.uk/primary/lent or circulate the link to parents. Ask them to think about their actions in the coming week, and how they follow Jesus’s example in the things that they do. If they started the “Water Droplet” trail last week, ask them if they have spotted any other droplets in nearby windows.

Ask the children to tell their family all that they have heard and thought about today and all the sounds that they heard when they really listened. Ask them to spend five minutes every day this week sitting quietly and still, listening to the sounds around them and praying and listening to God.

Story – A drink of water

Abdul and his big brother Mohammed live in one of the hottest places in the world, in a country in Africa called Ethiopia. The land around them is really rocky and dry. They live in a house with walls made of dried mud. Can’t you just imagine how thirsty you must get, especially as the boys love to run around outside playing football?!

No wonder Abdul says his favourite drink is water. He knows exactly how important water is to his family – not just to drink, but to wash and to cook. “Water is life,” he says.

Yet they don’t have a tap at home – or anywhere. Someone in the family must go on a big hot expedition twice a day to collect precious water in big plastic bottles. This can take such a long time. Their cousin has a trip of five hours to get to the water hole and back.

No one should have to walk five hours just to get a drink of water. It’s not right. One day if we all help, Abdul and Mohammed could get safe and clean water close to their homes, like another village in Ethiopia where CAFOD has provided a water pump powered by the sun. Now that is something that is really worth praying for.

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For more children’s liturgy resources and illustrations see cafod.org.uk/childrensliturgy

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