

Our Lady of Guadalupe Youth Ministry



Date: Wednesday, February 24, 2021
Place: Zoom

Time: 7:00– 8:00 PM
Focus: Mini Family Lenten Retreat

7:00 Welcome Opening Prayer *Theme: Called to Holiness during our Lenten Journey*

7:05 Community Building Activities

Game: A Minute to Win Lenten Game

- Supplies. Paper and pencil
- Write 1 to 12 (top to bottom)
- Recorder

Directions:

- I will place a set of questions and possible answers on the shared screen.
- Your job is to answer as many as possible in one minute.
- Work as a team
- Get your pencil and paper (put your names from 1-12)
- Assign recorder.
- Christina and I will be watching to make sure you all play fair.
- The family that answer the most wins
- Remember one minute only. I will say when to begin and stop. On your mark set Go!

7:00 Teaching:

Theme: Called to Holiness during our Lenten Journey

During these 40 days we've looking for ways in which we can become a better person, a Holier person.

(Notes: Tonight, were going to Discuss and share what the meaning of Sacrifice/Penance, Prayer and Discipleship can be during our Lenten Journey.

During your Small group Discussion time you will be given the means from each of the topics from the United States Catholic Conference of Bishops along with questions to discuss and share with the large group.

USCCB- Handout- Will email you a handout from the USCCB giving you more information on the topics we will be discussing

- Sacrifice/Penance

Small Group Discussion Question:

- What does sacrifice/penance mean to you?
- Possible ideas for Sacrifice/Penance during lent

THE SACRAMENT OF PENANCE AND RECONCILIATION

1422 "Those who approach the sacrament of Penance obtain pardon from God's mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion."⁴

I. WHAT IS THIS SACRAMENT CALLED?

1423 It is called the *sacrament of conversion* because it makes sacramentally present Jesus' call to conversion, the first step in returning to the Father⁵ from whom one has strayed by sin.

It is called the *sacrament of Penance*, since it consecrates the Christian sinner's personal and ecclesial steps of conversion, penance, and satisfaction.

- Prayer
 - Small Group Discussion Question: **What are your prayer practices?**
 - Possible Ideas for Prayer Times, Forms of prayer, etc. that can be used during lent

Gift from God

2559 "Prayer is the raising of one's mind and heart to God or the requesting of good things from God."² But when we pray, do we speak from the height of our pride and will, or "out of the depths" of a humble and contrite heart?³ He who humbles himself will be exalted;⁴ *humility* is the foundation of prayer. Only when we humbly acknowledge that "we do not know how to pray as we ought,"⁵ are we ready to receive freely the gift of prayer. "Man is a beggar before God."

A Covenant

562 Where does prayer come from? Whether prayer is expressed in words or gestures, it is the whole man who prays. But in naming the source of prayer, Scripture speaks sometimes of the soul or the spirit, but most often of the heart (more than a thousand times). According to Scripture, it is the *heart* that prays. If our heart is far from God, the words of prayer are in vain

Prayer as Communion

2565 In the New Covenant, prayer is the living relationship of the children of God with their Father who is good beyond measure, with his Son Jesus Christ and with the Holy Spirit. The grace of the Kingdom is "the union of the entire holy and royal Trinity . . . with the whole human spirit."¹² Thus, the life of prayer is the habit of being in the presence of the thrice-holy God and in communion with him. This communion of life is always possible because, through Baptism, we have already been united with Christ.¹³ Prayer is *Christian* insofar as it is communion with Christ and extends throughout the Church, which is his Body. Its dimensions are those of Christ's love.¹⁴

- Discipleship
 - Small Group Discussion Question:
 - As a disciple of Christ- What can you do to grow as a Catholic?

"What is Christian discipleship?"

A Christian disciple is a person who accepts and assists in the spreading of the good news of Jesus Christ. Christian discipleship is the process by which disciples grow in the Lord Jesus Christ and are equipped by the Holy Spirit, who resides in our hearts, to overcome the pressures and trials of this present life and become more and more Christ like. This process requires believers to respond to the Holy Spirit's prompting to examine their thoughts, words and actions and compare them with the Word of God. This requires that we be in a relationship with God, receive the sacraments, live the beatitudes, and follow the commandments.

7:35 Large Group Wrap

Have each family come up with one thing that you can do to grow as a holier family during lent.

- Closing notes:
 - Pray as a family
 - Family gatherings and discuss the Sunday scriptures
 - Acts of kindness: Do acts of Kindness for your family and others
 - Receive the Sacraments (Reconciliation, Eucharist)
 - Helps others meet Jesus

7:45 Closing Prayer Service

8:00 Good Night and have a wonderful Lenten Journey

Environment: -Cross -Bible-Purple Material-Words



Opening Prayer Service



I will walk before the Lord, in the land of the living.

Mk 9:2-10

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them. As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So, they kept the matter to themselves, questioning what rising from the dead meant.

The Word of the Lord

Thanks be to God

Our Father

Let Us Pray

O Lord, throughout these forty days, you call us the renewal of heart and mind. Assist us as we seek to be true disciples who show others Christ, the true witness of love and life. Through our Lord Jesus Christ, your Son, who lives and reigns with the Holy Spirit, one God, forever and ever. Amen.



I will walk before the Lord, in the land of the living.

A Minute to Win Lenten Game

1. Lent continues until _____.
2. The Church gives us _____ weeks of Lent to prepare for Easter.
3. The day Lent begins. _____.
4. The liturgical color for Lent is _____.
5. Lent is the time that we prepare for Jesus' _____.
6. Giving to the poor. _____
7. To go without. _____
8. Easter celebrates the _____ Mystery, the mystery of our dying to sin and rising with Christ to the new life of grace.
9. We open our hearts to God's love by the Lenten practices of _____.
10. Lent is a time of _____.
11. Going without food.
12. Not eating meat.

Penance

Fasting

Violet

Holy Thursday

Prayer

Resurrection

Almsgiving

Paschal

Abstain

Abstinence

Six

Ash Wednesday

A Minute to Win Lenten game

Answers

1. Lent continues until _____. *(Holy Thursday)*
2. The Church gives us ___ *(Six)* ___ weeks of Lent to prepare for Easter.
3. The day Lent begins. *(Ash Wednesday)*
4. The liturgical color for Lent is ___ *(violet)* _____.
5. Lent is the time that we prepare for Jesus' *(resurrection)*
6. Giving to the poor. *(almsgiving)*
7. To go without. *(abstain)*
8. Easter celebrates the ___ *(Paschal)* _____ Mystery, the mystery of our dying to sin and rising with Christ to the new life of grace.
9. We open our hearts to God's love by the Lenten practices of ___ *(prayer)* _____.
10. Lent is a time of ____ *(penance)* _____.
11. Going without food. _____ *(fasting)* _____
12. Not eating meat. _____ *(abstinence)* _____



Closing Prayer Service



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Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them. As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So, they kept the matter to themselves, questioning what rising from the dead meant.

The Word of the Lord

Thanks be to God

Reflection

In his Transfiguration, we see an anticipation of the glory of Jesus' Resurrection. In each of the reports of the Transfiguration, Jesus instructs the disciples to keep secret what they have seen until after the Son of Man has risen from the dead. The disciples' confusion continues as they wonder what Jesus means by rising from the dead. The disciples cannot possibly understand Jesus' Transfiguration until they also witness his passion and death. We hear the story of Jesus' Transfiguration early in Lent, but we have the benefit of hindsight. In our hearing of it, we anticipate Jesus' Resurrection, even as we prepare to remember Jesus' passion and death.

Prayers of the Faithful

R: Lord, have mercy

- To our merciful God, **we pray**
- Renew the Church in holiness, **we pray**
- Inspire our leaders to model peaceful ways, **we pray**
- Offer comfort to those who feel oppressed, **we pray**
- Bring consolation to the homebound, **we pray**
- Spare those who are sick from further suffering, **we pray**
- Bring those who have died to the joys of everlasting life, **we pray**
- That we may all grow in holiness during our Lenten journey, **we pray**
- For our own special intentions, **we pray**

Our Father, Hail Mary, Angel of God, Apostle Creed, Glory be, Jesus-Jesus

Apostles Creed I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Let Us Pray

O Lord, throughout these forty days, you call us the renewal of heart and mind. Assist us as we seek to be true disciples who show others Christ, the true witness of love and life. Through our Lord Jesus Christ, your Son, who lives and reigns with the Holy Spirit, one God, forever and ever. Amen.



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Background on the Gospel Reading

On the second Sunday of Lent in each Lectionary cycle, the Gospel reading proclaims the story of Jesus' Transfiguration. This event is reported in each of the Synoptic Gospels—Matthew, Mark, and Luke. This year, in Lectionary Cycle B, we hear Mark's report of this event.

The context for Mark's Transfiguration story is similar to that found in both Matthew's and Luke's Gospel. The Transfiguration occurs after Peter's confession that Jesus is the Messiah and Jesus' prediction about his passion. After this, in each of these Gospels, there is also a discussion of the cost of discipleship.

In each case, Jesus takes three of his disciples—Peter, James, and John—to a high mountain. While they are there, Elijah and Moses appear with Jesus. In Matthew's and Mark's Gospel, there is reference to a conversation among Jesus, Elijah, and Moses, but only Luke's Gospel includes the detail that this conversation is about what Jesus will accomplish in Jerusalem.

Elijah and Moses are significant figures in the history of Israel. Moses led the Israelites from slavery in Egypt and received from Yahweh the Ten Commandments. In appearing with Jesus at his Transfiguration, Moses represents the Law that guides the lives of the Jewish people. Elijah is remembered as one of the most important prophets of Israel who helped the Israelites stay faithful to Yahweh. Some Jews believed that Elijah's return would signal the coming of the Messiah for the Jewish people. This belief is evidenced in the question posed by Jesus' disciples after they have witnessed the Transfiguration. The appearance of these two important figures from Israel's history with Jesus signifies Jesus' continuity with the Law and with the prophets and that Jesus is the fulfillment of all that was promised to the people of Israel.

On seeing Jesus with Elijah and Moses and having witnessed his Transfiguration, Peter offers to construct three tents for them. Mark reports that the disciples are terrified by what they have witnessed, and that Peter's offer is made out of confusion. We also notice that Peter has reverted from his earlier confession that Jesus is the Messiah, calling Jesus rabbi instead. As if in reply to Peter's confusion, a voice from heaven speaks, affirming Jesus as God's Son and commanding the disciples to obey him. This voice from heaven recalls the voice that was heard at Jesus' baptism.

In his Transfiguration, we see an anticipation of the glory of Jesus' Resurrection. In each of the reports of the Transfiguration, Jesus instructs the disciples to keep secret what they have seen until after the Son of Man has risen from the dead. The disciples' confusion continues as they wonder what Jesus means by rising from the dead. The disciples cannot possibly understand Jesus' Transfiguration until they also witness his passion and death. We hear the story of Jesus' Transfiguration early in Lent, but we have the benefit of hindsight. In our hearing of it, we anticipate Jesus' Resurrection, even as we prepare to remember Jesus' passion and death.

(reference Loyola Press)

United States Catholic Conference of Bishops

Handout

- **Sacrifice/Penance**

THE SACRAMENT OF PENANCE AND RECONCILIATION

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- **Prayer**

Gift from God

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- **Discipleship**

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Small Group Discussion Questions

I. Sacrifice and Penance

What does sacrifice/penance mean to you?

What possible ideas for Sacrifice/Penance can you do during lent

II. Prayer

Share your prayer practices?

Possible Ideas for Prayer Times, Forms of prayer, etc. that you can be used during lent.

III. Discipleship

As a disciple of Christ- What can you do as a Catholic to grow in your faith?

Sacrifice

Penance

Prayer

Discipleship

Conversion

Holiness

Journey