



PRAY

This week our time of prayer is in the form of the Ignatian Examen prayer...

1. Become aware of God's presence.

Take a moment to be still... take a breath in... and out... Become aware that God is present as always... be still and know God is with you... and loves you.

2. Review with gratitude.

Look back over your day... or over this time together in the small group... try to play it in your mind as if you were watching it like a film... what are the moments... the words... the actions... the insights... that you notice and are grateful for?

3. Pay attention to your emotions.

How are you feeling as you look back?... Remember that feelings aren't good or bad - they are simply how you feel... try to name and own your emotions as you reflect

4. Choose one feature and pray from it.

As you look back, is there one thing that you would like to bring to prayer with God? It may be a prayer of thanks... someone or somewhere might be in need... is there something you want to ask for yourself... take a moment to do that...

5. Look toward tomorrow.

As the time of prayer comes to a close, is there something you want to carry with you into tomorrow?...

*We give thanks for our time of prayer as we say: **Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.***



ACT

Having listened to the Scriptures, yourself and each other, as well as encountering God in prayer, is there something you feel you might do in response?

- How can you continue to respond to the call of your baptism?
- Having reflected on those who are on the margins, how might you reach out to them?
- How can you build Hope inspired by Peter, James and John?

People of Hope: PETER, JAMES & JOHN



Small community gathering resource
in preparation for:
2nd Sunday Lent 2023



GATHER

Take a moment to greet each other and share anything that has stayed with you since last week.

You may wish to pause for a moment to prepare to listen to God's Word.



HEAR

We listen now to words from the Gospel of Matthew

[Mt17:1-9]



Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light.

Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

When they heard this the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order, 'Tell no one about the vision until the Son of Man has risen from the dead.'



REFLECT

Take some time to share your thoughts and responses using the following questions. Remember to allow time for everyone to share and to listen with intention and respect.

- ◆ What is staying with you after hearing the scriptures?
- ◆ In what ways are Peter, James & John people of Hope in the reading?
- ◆ What are you noticing about the image on the front of the booklet?
- ◆ The voice from the cloud has a similar message to the voice when Jesus was baptised: How does your own baptism impact on your relationships with God and others?
- ◆ Peter wants to stay in the experience by building tents: the current phase of our synodal journey encourages us to enlarge the space of our tent by reaching out to others. Who are the people on the margins you need to reach out to?

You may want to use this space to note any thoughts or reflections...