

FAITH IN 5  
Lent Week 2

1. **Read Matthew 17:1-9 together. What happened in this Gospel reading?**  
In this Gospel reading Jesus takes Peter, James and John up a mountain where He was transfigured into bright white clothing and a shining face. **What does transfigured mean?** Transfigured means to be changed into something more beautiful. **Why do you think this happened?** Jesus was revealing His divinity to the disciples. They knew him as a man, even though He had performed miracles. But here, God himself speaks to the disciples saying "This is my beloved Son." We know the disciples recognize Jesus' divinity because they laid prostrate in homage. This vision will strengthen the disciples' faith when Jesus endures His passion. We too should feel confidence in Jesus' divinity. We want to recognize Him as the Son of God and give Him due worship.
  
2. **How can we increase our almsgiving during Lent?** You can give some of your allowance to the offering at church, or another charity. Lent is also a good time to volunteer at a soup kitchen or homeless shelter. **Did you also know you can practice almsgiving without leaving your home?** You can take on some extra chores, help make dinner, or help younger siblings. We don't have to go far to feed the hungry or clothe the naked. **Why is almsgiving a part of Lent?** When we practice almsgiving we focus less on our desires, and more on the needs of others. We may sacrifice our free time or our money as an act of gratitude for all God has given us. It also helps us to imitate the life Christ lived and the greatest commandment- to love one another. Almsgiving is important all year round. As Catholics, our faith is lived through good works. Often, though, we do forget and get busy or selfish. Lent reminds us of our purpose!
  
3. **Who is St. John of God?** St. John of God was a Spanish soldier born in 1495. He left his faith and led a wild and violent life. After a radical conversion, he decided to go to North Africa and free all the enslaved Christians there. He wanted to be a martyr! Instead, his spiritual director told him to open a religious bookstore in Granada, Spain. **What else did he do?** After hearing St. John of Avila preach, St. John of God started giving himself severe penances, like beating himself in public to repent for past sins. Again, he was redirected and instructed to give his zeal for caring for the sick and poor. **Did you know that even the saints needed guidance and instruction?!** It took time and lots of advice from his spiritual directors to point St. John of God's faith where it would be best used. Did he listen to his advisors? Yes! St. John of God rented a house and cared for the poor

and sick. He gave his life to this mission and to prayer. He and his helpers became a community called the Brother Hospitallers. St. John of God died kneeling in prayer in his hospital chapel. He had contracted pneumonia after saving a man from drowning. He is also remembered for his profound humility. He is the patron saint of hospitals and bookshops. His feast day is March 8th.

4. **Do you know the Act of Contrition by heart?** The Act of Contrition is the prayer we say after the sacrament of penance. This prayer is not just for the sacrament of penance though, we should pray it frequently!

*O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.*

**When should we say the Act of Contrition?** You can pray it anytime, but praying it at bedtime after we have examined our sins of the day is an ideal time. We don't want to go to sleep before asking for forgiveness of our sins.

5. **What is an indulgence?** "An indulgence is the taking away of the temporal punishment due to sins already forgiven." **What does temporal mean?** Temporal means for a time, not lasting forever. To get to Heaven, we must be perfectly clean- we become dirty through selfishness and sin. Jesus Christ, through His blood on the Passion of the cross, makes us perfectly clean. Even still, there are short consequences that result from our sin. Indulgences are like a washing machine- they do not forgive sin- but they do help to clean away selfishness and consequences even after our sin has been forgiven. (Baltimore Catechism, Lesson 33)

**REVIEW QUESTION: What are the Stations of the Cross?** The Stations of the Cross is a prayer devotion where you pray through each part of Jesus' passion. It is a spiritual pilgrimage, walking the way of the cross with Jesus.

This is a free resource! For more information, check out [www.acatholicmomslife.com](http://www.acatholicmomslife.com)