

Year C - Second Sunday of Lent

Luke 9:28-36

Listen to Jesus



Remind the children that Jesus chose to go up the mountain with his closest friends, rather than stay with the crowds who were following him. In the quiet of the mountain, Jesus began to pray.

Today's prayer invites the children to pray quietly and listen to Jesus speaking to them.

Set up:

- Ensure your prayer space is quiet and the children are able to have their own space without distractions from others. Have a prayer focus in the centre of the space with your bible, prayer cloth, and a candle (battery operated). Then get ready to pray.

Prayer:

Leader: In today's reading we heard God telling Peter, James, and John to listen to Jesus. God has the same message for us. God is asking each of us to listen to what Jesus says.



There are many ways we can pray. Sometimes we pray by talking to God, sometimes we pray by listening to God in silence. Today we are going to pray in silence. (Decide on an appropriate length of time for the children in your group. Even just 60 seconds may be enough).

Sitting comfortably, with your eyes closed if you can. Let us make the Sign of the Cross.

Take a long, slow breath in and out, in and out. God is with you in the silence.

At the end of the time of silence say: Loving God, thank you for being with us. Please help us to remember to find time to listen to you