

Here's a text if you've only a minute ...

It is your face, O Lord, that I seek. *Entrance Antiphon*

In you all the families of the earth shall be blessed. *First Reading*

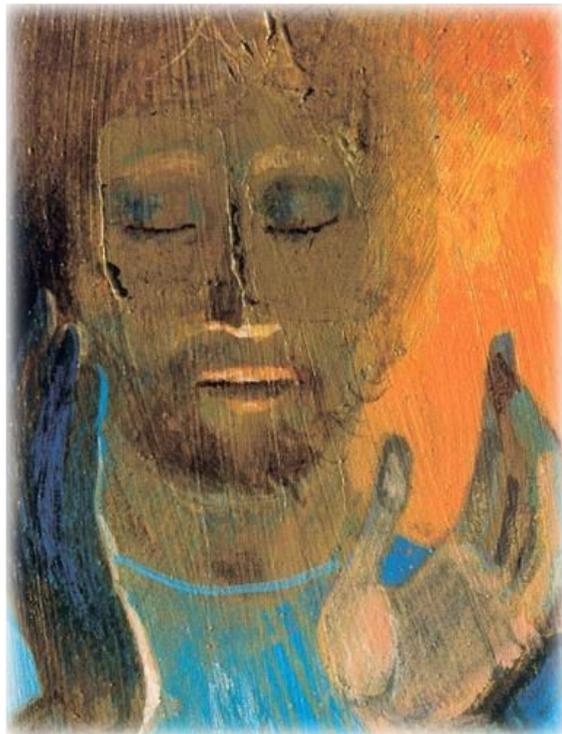
He is our help and our shield. *Psalm*

God our Father, help us to hear your Son.
Enlighten us with your word,
that we may find the way to your glory.

Old Opening Prayer

This week's texts if you want to reflect further:

Genesis 12: 1–4; Psalm 32 (33); 2 Timothy 1: 8–10, Matthew 17: 1–9



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'This is my
Beloved Son ...
listen to Him.'

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



PREGO LEAFLET

Second Sunday of Lent
Year A, 1st March 2026

'Rise, have no fear.'

Traditionally on this second Sunday of Lent, we read and pray with the Transfiguration of Jesus. Matthew, Mark and Luke all tell us that this event took place on a high mountain. It is an episode that gives us a glimpse of both Jesus's humanity and his divinity, where Jesus reassures his friends – and us – that there is no need to be afraid, even as we witness such extraordinary things. (**Gospel**)

In the **First Reading**, the Lord speaks to Abram, telling him to leave behind everything he knows. The promise of great blessings will follow.

The **Psalm** reflects on the faithfulness of God's word. He will be our help and shield if, like Abram, we place our hope in him.

Both Abram's call and the disciples' witnessing of the Transfiguration do not occur as a reward, but by God's 'own purpose and grace' (**Second Reading**). Paul encourages Timothy to accept the hardships he encounters, relying on the power of God, and strengthened by the grace of the appearing of Jesus Christ.

As we continue our Lenten journey, we may like to focus our prayer this week on all those who are afraid, asking that they place their hope in the Lord and experience the comfort of his love.



Opening Prayer

O God, who have commanded us to listen to your beloved Son,
be pleased, we pray, to nourish us inwardly by your word,
that, with spiritual sight made pure,
we may rejoice to behold your glory.

Second Reading 2 Timothy 1: 8–10

Beloved: We share in suffering for the gospel by the power of God, who saved us and called us to a holy calling not because of our works, but because of his own purpose and grace, which he gave us in Christ Jesus before the ages began, and which now has been manifested through the appearing of our Saviour Christ Jesus, who abolished death and brought life and immortality to light through the gospel.

I come to my time of prayer knowing that I am about to spend time with a good friend, one who is all-accepting, who knows me intimately ... someone to whom I can say all that is in my heart without fear of being misunderstood.

I first make sure that I am in a comfortable position, relaxed but alert.
'What are you going to tell me today, Lord?'

Then I read the text slowly, several times. Here Paul is writing to Timothy. What is the one thing that I particularly 'hear' today?

Do Paul's words resonate with me, and perhaps apply to what happens in my own life? I pause and ponder ...

Maybe I too have suffered hardships, even in subtle ways, because of my friendship with the Lord.

On whose power did I rely then? To whom did I turn?
I speak to the Lord and tell him how I feel.

Perhaps I am drawn to reflect on all the graces I have been freely given, not as a reward for anything I might have done, but out of love for me. I express my deep sense of gratitude, in my own words.

My prayer may take me towards all those around the world who suffer real physical hardship when they come to worship God, or share the Good News with others. I hold them up to the Lord and ask for them to be given the support they need.

When I am ready to conclude my prayer, I may like to mention any personal intentions important to me at this time.

In gratitude, I say *Glory be* ...

Gospel Matthew 17: 1–9

At that time: Jesus took with him Peter and James and John his brother, and led them up a high mountain by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only.

And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

In my quiet place I become still, and enter slowly into prayer, acknowledging that God is present with me.

Then I read over the text, a couple of times at least.

If it helps, I might like to place myself in the scene – perhaps as one of the disciples, or simply as myself looking on in the background.

I try to imagine how it feels to be led by Jesus up the mountain. Perhaps I, too, can sense a yearning to stay there with Jesus?

Still recognizing that it is Jesus, I notice the change in his appearance, seeing him as both fully human and fully divine. I ponder. Perhaps I feel drawn to ask, 'Who is Jesus for me?'

As I hear the disciples being encouraged to listen to Jesus, I reflect on how I listen to him myself.

When I am anxious or apprehensive, can I think of Jesus touching me and telling me '*Have no fear*', so that I can confidently place my trust in him?

Before I end my prayer, I may like to talk to Jesus about any thoughts or feelings that have arisen during this time. I tell him how grateful I am for times spent alone in quiet with him.