

In preparation for March 1, 2026, Second Sunday of Lent

Theme - Mountain Moments

“This is my beloved Son, with whom I am well pleased; listen to him.”

(Verse 17) Matthew 17:1-9



- Adults** ▪ 1. Did you know that we experience the glorified Lord every time we visit Christ in the Blessed Sacrament? We may not get the full experience of the transformation like the apostles did, but what we do get is the opportunity to enter into this experience daily through the Eucharist. What does this mean to you? Does this change how you view the sacrament that is offered to you?
2. Adoration is great way to spend time with the Lord during Lent. What are your plans this Lenten season for spending time in adoration?
3. Jesus instructs the disciples to “not tell the vision to anyone until the Son of Man has been raised up from the dead.” In saying this, he tells us that there will be death before life. He also stated that death will not have the final word, and that there will be dying on the way to the resurrection. Why do we then grapple with the concept of death so much instead of trusting?

Obstacles for living out the Gospel: Forgetting the gift of the Eucharist; not trusting God’s plan.



- Teens** ▪ 1. When have you had a “mountain-top experience”—a moment when you strongly felt God’s presence through joy, clarity, or peace? How did it affect you afterward? Once that moment was over did you find it difficult to continue to feel the love of the Holy Spirit?
2. What does “listening to Jesus” look like for you? What makes it hard to hear God’s voice among all the noise in life?
3. Jesus tells the disciples not to tell anyone until the Resurrection. Why do you think timing is important when sharing faith stories?
4. Is there anywhere you see transformation happening in your life? What part of your life do you want Jesus to transform next?

Obstacles to living out the Gospel: Forgetting your “mountain moment” (a high from a spiritual experience like a youth conference) once you are back in the real world.

- Children** ▪ 1. How do you think the disciples felt when they heard the voice say, “This is my beloved Son, with whom I am well pleased; listen to him.”? How do you listen to Jesus? What is something you could do to help you to hear him better?
2. God revealed to the disciples Jesus’ true identity on the mountain top. Peter wanted to put up three tents and stay there, but Jesus said no. Why do you think Jesus wanted them to go back down the mountain after such an amazing experience? How can you share your love for Jesus with others?
3. This experience had to fill the disciples with wonder and awe of God’s love for humanity. Do you take time to stop and wonder out loud at God’s creation and appreciate the beauty of nature and the people who share our world? How can you more intentionally show Jesus your love and reverence?

Obstacles to living out the Gospel: Lack of understanding that we are called to not only change our hearts when we follow Jesus but be his love to others.