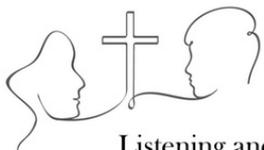


SECOND  
SUNDAY

*Pastoral kit*  
LENT  
*March 1st* 2026



Listening and Fasting  
LENT AS A TIME OF CONVERSION

Message of Pope Leo XIV • Lent 2026



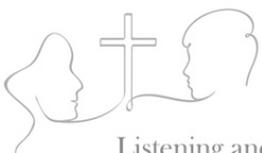
## POINTS FOR REFLECTION FOR THE CELEBRATION OF HOLY MASS

### Introduction

Brothers and sisters, in this second stage of our Lenten journey, the Word of God invites us to set out on a journey. We hear God's words to Abraham, "Leave your country." The disciples, on Mount Tabor, are asked to lift up their eyes to contemplate the glory of Jesus. Now is the favourable time to listen deeply to the Father's beloved Son, to live in communion with Him, and to let Him transfigure our lives. Let us leave the valleys of our habits and climb the mountain of encounter, because only those who allow themselves to be touched by God's light can return to daily life with a new perspective.

### Suggested songs

- You are the voice, David Haas
- Be thou my vision, Nathan Pacheco
- Tis Good, Lord, to Be Here, Joseph Robinson
- I Heard the Voice of Jesus Say, Horatius Bonar
- The King of Love my Shepherd Is, William Henry Baker



## Prayer of the Faithful

1. **For the Church:** That it may be like Mount Tabor, a place of light and welcome where every man and woman can hear the voice of the beloved Son and feel part of a true communion. Let us pray.
2. **For civil authorities and for peace:** That, following the example of Abraham, they may have the courage to leave behind the logic of power and war in order to build bridges of hope. Let us pray.
3. **For catechumens and those seeking God:** That on their journey towards Easter, they may discover that Jesus is the source that quenches every thirst and the light that overcomes every darkness. Let us pray.
4. **For young people:** That they may not fear the effort of the climb and, supported by their community, may respond with joy to their unique and original vocation. Let us pray.
5. **For our community:** That we may learn to let ourselves be transfigured by Jesus and to let the beauty of authentic Christians shine forth in our daily lives. Let us pray.

### PRAYER ON THE THEME OF THE DAY

Lord, see how our souls are waiting on You, our help and our shield. Give us everything we need to come closer to You and take away whatever distances us from You. Grant that, like Abraham, we may walk with confidence and trust towards the land You will show us, and that the light of Your face may shine in our eyes and in our hearts, even in the dark valleys of sorrow and suffering.

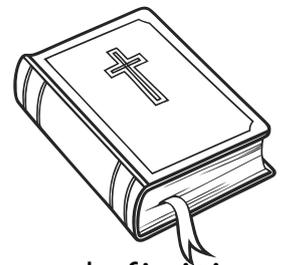


IDEAS FOR THE HOMILY

## Pastoral approach

Lent 2026 confronts us with the urgency of change. Abraham does not know where he is going, but he knows with whom he is walking. We too are often full of material security yet relatively poor when it comes to trusting in God.

The Transfiguration is not an escape from reality, but a gift that strengthens our faith to face the road ahead. There is a climb that must be made: to leave our habits and our comfort zone to encounter the luminous face of Jesus. However, it is not enough if, like the disciples, we want to stop, pitch our tents, and hold on to beauty, because faith does not lie in possessing God: our relationship with Him sends us back on our journey. After the mountain, there is the city. After the light, there is the road. That is where we are called to return, bearing in our hearts what we have contemplated with our eyes.

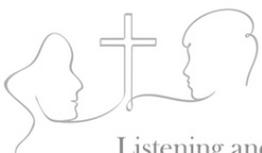


## Biblical approach

Mount Tabor is a foretaste of the new Creation, a definitive Sabbath that reveals the destiny of man. Yet this light comes immediately after the announcement of the Passion.

Here the great paradox of faith emerges: to gain life, one must have the courage to 'lose' it. Abraham leaves his land in order to become a universal blessing. Jesus climbs the mountain to reveal that suffering does not have the last word.

The light of the Transfiguration reminds us that we are beloved children, called to take a leap of faith into the hands of the Father, who catches us even when the path becomes uncertain.



MATERIAL FOR CHILDREN

## Reflection

Jesus takes his friends up a mountain and shines brightly before them, like the sun! It is the light of Baptism that many children have already received. When we follow Jesus, we too become like little suns that bring joy to others. Like Abraham, we are "travellers" who follow the compass of God's love.

## Activity

- **Prayer corner:** Light a candle, explaining that the light of Jesus drives away all fear.
- **The drawing of light:** Draw a large sun and write, in each ray, the name of a person to whom we want to bring a little light during the week.

MATERIAL FOR YOUNG PEOPLE

## Reflection

Are you willing to leave your 'comfort zone'? Abraham had the courage to take a real leap of faith. He left his home and his land and set out on a journey.

In a world that often keeps us distracted with things that are superficial, the Transfiguration calls us to authenticity: not to be a photocopy, but an original who is loved by God.

## Activity

- **Reviewing my daily life:** Identify the "lands" that I am invited to leave behind (habits, addictions, laziness) in order to live in greater freedom.
- **Spiritual self-assessment:** Reflect on your journey of prayer and community life to rediscover balance and depth.



MATERIAL FOR ADULTS



## Reflection

Modern idolatry is not only money, but the frenzy that prevents us from being “present” to ourselves and others. We are invited to let ourselves be touched by the pain of others and to transform it into action. The true fasting that God wants is to “break unjust chains” and practice the “alms of listening” freely.

## Activity

- **An informal encounter:** During the week, “connect” with a neighbor or colleague, sincerely asking “how are you?” and listening without rushing, without thinking about what to do next. This proposal is part of the silence we are called to have in order to welcome the other (and the Other).

