How do you feel about giving something up for Lent? Ask for God's help.



ENTRANCE ANTIPHON

Remember your compassion, O Lord, and your merciful love, for they are from of old. Let not our enemies exult over us. Redeem us, O God of Israel, from all our distress. We say these words or sing a hymn as the priest approaches the altar.

COLLECT

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...

We ask for God's help. Listen now to the priest as he offers this prayer.



FIRST READING GENESIS 22:1-2. 9-13. 15-18

Abraham had waited so long for a son. Isaac's birth proved that God keeps promises and that faith is rewarded. What an incredible turn of events then, to find that God is asking Abraham to take Isaac and offer him as

a burnt sacrifice. Yet Abraham does not question God. Just as he has trusted God in the past, Abraham prepares to do all that God asks. Abraham's faith is rewarded yet again. God's angel stops any harm coming to Isaac. LOOK at the reader and LISTEN.

Abraham is prepared to give his longed for son back to God.

The cantor or psalmist sings or says the psalm.
Listen to the verses, and then respond by using these words.

RESPONSORIAL PSALM PSALM 115

I will walk in the presence of the Lord in the land of the living.



SECOND READING ROMANS 8:31-34

God knows all about sacrifice. God the Father gave up his Son for us, to show us just how much we are loved. Nothing is more important to any parent than their children. If God has given us the

amazing gift of his Son, God must love us very, very much. When we are loved like this we can be confident that we matter and are very special. Nothing need worry us again, God is on our side! LOOK at the reader and LISTEN.

God gave up his Son, to show us how much we are loved.



Glory and praise to you, O Christ!
From the bright cloud the Father's voice was heard:
"This is my Son, the Beloved. Listen to him!"
Glory and praise to you, O Christ!



We give a shout of praise to God, using these words taken from the Bible.



DO YOU KNOW?

It seems wrong and cruel of God to ask Abraham to sacrifice his son.

However, we think that one of the meanings in this story is actually that God is truly kind and loving. Neighbouring tribes worshipped gods with human sacrifice, but that was absolutely not what God wanted. Our God is a good and loving God who keeps promises.



In the ultimate test

of faith, Abraham was prepared to sacrifice Isaac, the son he had waited so long for, because God asked him. During Lent we are being asked to do something special for God. We are asked to pray, to give and to fast. How are you helping your faith to grow during this Lent?



GOSPEL MARK 9:2-10

The Good News about Jesus is told to us by St Mark.

Here is a story to keep everyone going, reminding us how wonderful God is. Jesus takes some friends up a high mountain and there, while still with them, Jesus is transfigured. Everything about him, even his clothes, shine with the glory of God. In this important moment the prophets Elijah and Moses

appear with Jesus, talking to him. Then a cloud covers Jesus' friends in shadow and they hear a voice saying, "This is my Son, the Beloved, Listen to him." The disciples don't really understand their experience, but they do know that Jesus is very special - and so do we!

STAND to LISTEN to the priest or deacon as he prepares to read the Gospel. What does the priest or deacon do to the book when he has finished reading the

Gospel?



"This is my Son, the Beloved. Listen to him."

Lord, help me to really listen to your word in the Bible. Help me to be open to your message of love and to really pay attention to what you have to say. Amen.



PRAYER OF THE FAITHFUL

Dear Lord, I am thinking about all the people who struggle to believe. Let them know the Spirit of peace and the hope that faith brings. Lord, hear my prayer.

Listen to the reader as he or she encourages us to pray for situations and people in need. Here is a prayer you could say privately.

Watch as the gifts are

priest washes his hands

made ready and the

and prepares for the

Eucharistic Prayer.





Make an effort to listen really carefully to your parents and teachers when they are asking you to do jobs this week.

is the Greek word for

"fish" and was used in the catacombs as a sign for early

Christians. It is made up from the first

letter of five Greek

titles for the Lord:

⊕ (Theou/God's)

 Σ (Soter/Saviour)

I (Jesus)

X (Christos)

Y (Uios/Son)



OFFERTORY PROCESSION <

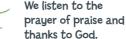
As we take our gifts of bread, wine and money to the altar, think of a time when you didn't manage to keep your lenten promises and then remember all the times you did.

Say a little prayer offering these thoughts up to God.

THE EUCHARISTIC PRAYER

Today's special prayer thanks God for fulfilling all God's promises to us.

What can you give special thanks for today?





THE LORD'S PRAYER

As the priest extends his hands, we say the prayer that Jesus taught us.

COMMUNION ANTIPHON

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

You are invited to sing a Communion song or say this verse, which has been especially

chosen for today's

celebration.





MY PRAYER AFTER COMMUNION

Thank you, Jesus, for loving me so much. Help me to remember that real love comes with sacrifice, and that I might need to give something up for someone else if I am going to share your love this week. Amen.



We take Jesus with us to carry on the work that he did on earth, until we meet again next Sunday.

Go in peace.



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