

Journeying With Feet, Heart and Soul

School Prayer Service for the Middle of Lent

INTRODUCTION

Good morning/afternoon, and welcome to this Lenten prayer service. Our theme today is, “Journeying With Feet, Heart and Soul.” Lent is a journey of the *feet* – a journey in which we walk away from attitudes and habits that keep us from living as followers of Jesus. It is a journey of the *heart* – where we reach out in love to others who need our help, by sharing what we have. Lent is a journey of the *soul* – where we repent for our sins, pray a little extra and offer God our sacrifices, asking for the grace to be healed, made whole and strong. This journey can seem long. And it is good for us to stop and remember that it is all about getting ready to welcome the Risen Jesus in the joy of Easter.

OPTIONAL: Opening Song

Please join in our opening song,

OPENING PRAYER

And let us pray. God our Father, we praise You for giving us this season of Lent. Thank you calling us to be everything we can be – by our prayer, our sacrifices and sharing. Open our hearts now to the wisdom of Your holy word, that it might guide and strengthen us on this Lenten journey of feet, hands and heart to Easter. We make this prayer to You through Christ our Lord. Amen.

And now, let us be attentive to God’s word.

READING

A reading from the Gospel of Matthew (Matt 17, 1-10)

Jesus took with him Peter and James and his brother John 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 dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, “Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.” While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, “This is my Son, the Beloved; with him I am well pleased; listen to him!” When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, “Get up and do not be afraid.” And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, “Tell no one about the vision until after the Son of Man has been raised from the dead.”

The Gospel of the Lord

Praise to You, Lord Jesus Christ.

REFLECTION

Jesus took Peter, James and John up a mountain. There, they saw Jesus shining with heavenly glory. With him were Moses the great Law-giver and Elijah the mighty prophet. Jesus shone like the sun, and Peter, James and John could hardly believe their eyes. They had never seen anything like this before. Why were they seeing this now?

God was preparing them for the difficult days ahead. Everybody would turn away from Jesus. They would treat Him as a criminal, and hang him on a cross to die. But Peter, James and John would remember who Jesus truly was. Jesus taught the Law of Moses with compassion and justice; He worked mighty wonders like Elijah the prophet, but He was much more. He was the heavenly Son of God who came to live among us and show us how to live as God's children. With great love, He laid down His life for our sins, so that we could have life with Him forever. Then He rose from the dead and sent us His Holy Spirit to help us live as His followers.

Lent gives us the chance to remember what it means to follow Jesus. We turn our feet away from sin; we open our hearts to help the poor, because they too are children of God; we pray a little extra to put God back at the center of our life. We make some sacrifices to remind us that only God can truly fill those empty parts of our lives. Like Peter, James and John, let us remember who Jesus truly is and what he has done for us. Let us continue to follow Him each day with our feet, hearts and souls to the joy of Easter, which is soon to come.

PRAYER OF THE FAITHFUL

1. Let us pray for the Church. That Christians everywhere in this season of Lent will pray for one another and help one another as we journey with feet, heart and soul towards Easter.

We pray to the Lord. Lord, hear our prayer.

2. Let us pray for the world. That all God's children will journey with their feet toward each other in friendship; with their hearts to share; and with their souls, to pray for each other's needs.

We pray to the Lord. Lord, hear our prayer.

3. Let us pray for all persons who suffer in our community and in places far away. That they will be met by people who will journey with feet, hearts and souls to help them in their needs.

We pray to the Lord. Lord, hear our prayer.

4. Let us pray for our school community – that the love of Jesus might work wonders in our hearts during this Lenten season.

We pray to the Lord. Lord, hear our prayer.

5. Let us pray for our parents, caregivers, grandparents, brothers and sisters and other family members. For all their needs:

We pray to the Lord. Lord, hear our prayer.

6. For our personal intentions: those we have spoken aloud and those that are in our hearts.

We pray to the Lord. Lord, hear our prayer.

And now, let us together with one voice unite all our prayers to the prayer of Jesus for us before His Father, using the words He gave us: ***Our Father...***

CLOSING PRAYER

God our Father, we thank You for this holy season of Lent. Give us the strong feet to walk away from what is not good for us; give us loving hearts that reach out to others in need; and give us humble souls ready to repent, forgive and pray. May Your joy increase in us each day on this Lenten journey as we prepare to celebrate the glory of Your Risen Son, Jesus the Lord.

We make this prayer to You in His most holy name. Amen.

And may Almighty God bless us: Father, Son and Holy Spirit. Amen.

OPTIONAL: CLOSING SONG