



Year A – Week 2: Meditation: Rise and Do Not Be Afraid

***{Start with reviewing the previous meeting’s challenge or discuss prior to sharing this week’s challenge.}**

Let’s Begin: Think about how the challenge went for the last session. What went well? What was difficult?

Opening Prayer:

Begin with a brief moment of silence shaking off any and all distractions or difficulties of the day and remembering that God is always with us.

Read: **Mt 17:1-9**

After the Reading Conclude with this prayer: Dear Jesus, You invite us to the mountaintop with You. You show us the glory of the Father and what awaits us. You also encourage us to “rise and not to be afraid.” Just as Jesus came down the mountain to face his suffering, we ask You to fill us with the courage we need to face our difficulties. Continue to walk with us as we strive to hear Your Father’s voice. In Your Name, Amen.

Reflection or Discussion Question:

1. Our Gospel reading has a powerful line that reads “Rise, and do not be afraid.” The theme of God encouraging His people to leave behind fear is abundant throughout the Scriptures. Why do you think this is a major theme of God’s revelation to us?

YouTube Video: God’s Presence in Suffering: Second Week of Lent with Fr. Toups (6:47 min) -

<https://www.youtube.com/watch?v=hHXfOFfOWNY>

Reflection or Discussion Questions:

2. Fr. Toups talks about how God is with us in the midst of suffering. Do you agree with him? Why or why not?
3. Have you been afraid to face suffering or felt alone in suffering? Why or why not? What are some reasons we may be afraid to face suffering?
4. Fr. Toups shares that there are multiple lies that are whispered to us while we suffer. What are some lies that you can think of or have experienced besides loneliness?
5. How do you know that God has been present during your suffering? In what ways was it different or could it be different to walk with Jesus while suffering?
6. Fr. Toups shares that Jesus wants to reveal His glory at the bottom of the mountain where it’s difficult and where there is suffering. Why do you think this is so? How do you think/feel this applies to Lent?
7. Oftentimes, in our daily lives at the bottom of the mountain we resist growing closer to God. Why do you think/feel we resist Him? What can we do to help us to turn to Him more readily and stop resisting?

Session Challenges: {Choose one or both}

- Make a list of your top fears and consider how God wants to walk with you in that fear.
- Consider your suffering and your sins in both deed and in your heart. Make every effort to go to confession to receive God’s grace to turn away from your sins.

Closing Prayer: (Leaders: We recommended offering time during the closing prayer for participants to offer personal intentions.) *Dear heavenly Father, open our eyes to see how we turn away from suffering and refuse to walk with You. May we be willing to take on hardships and persecutions in Your name. Give us the courage we need to come down the mountain and connect our suffering with Yours. With great trust in You, we offer You these prayers and petitions... (offer a time of silence to allow people to share their intentions). We offer You all these petitions, those that were spoken and those we hold deep within our hearts and ask, if it is Your will, that they be granted. In Your loving name, Jesus, we pray. Amen.*

{Optional additional Readings} Sunday Reading 1: **Gn 12:1-4a**; Sunday Reading 2: **2 Tim 1:8b-10**