



# LENT

## *Faith Conversations*

### Week of March 1-7

**SUNDAY READINGS:** *Genesis 12:1-4, Psalm 33, 2 Timothy 1:8-10, Matthew 17:1-9*

### ADULT REFLECTION

Our First Reading at Mass has God calling Abram out into the unknown with only a promise of steadfast blessing. St. Paul encourages the young Timothy to endure hardship, holding fast to the promise of God's grace and call. And Jesus, with his closest friends, experience a foretaste of the glory which will come. . . after the cross.

Human life is so tenuous and uncertain. Just when we think we're on top of things, another challenge arises that changes the script. Has that ever happened to you? These challenges—whether arising from ordinary life (a broken-down car, a sick child, loss of employment) or from a personal calling from God (new skills to be mastered, hearts to move, funds to be raised)—can leave us feeling worn down or adrift. As people of faith, we have a lifeline: hope in the promises of God. A God who is steadfast, Good, and sees at once the expanse of history and beyond to eternity. A God that loves us.

#### **Reflection Questions:**

- Read slowly through this Sunday's readings again. What promise of God stands out to you, like God is making that promise to you personally today?
- This Sunday's Responsorial Psalm has a beautiful line about trust. "Our soul waits for the Lord." What current situation has you waiting for the Lord?

### FAMILY CONVERSATION STARTERS

In this Sunday's readings, we can see a theme of hope. Hope means to trust in the goodness and power and wisdom of God. We believe that God is faithful to his promises and brings good out of every situation. How might this be different from our ordinary use of the word "hope"? (I hope it won't rain, I hope to do well on this test, etc.) How is it similar?

Go back over the readings. For what were the people in these readings hoping? What do you think helped them to hope? Hope is actually a supernatural gift from God received at Baptism. As a family, what are we hoping for? What helps us to hope?



### PRAYER

Heavenly Father, we believe in you. We hope in you. We love you. We trust that you have good things in store for us this Lent. Thank you for the gift of supernatural hope. Increase it within us that we may share it with others this week and always. Amen.



### FASTING

Trusting God sometimes means letting go of fears, plans, or misplaced "securities." What do you need to let go of this week so you can trust God more?



### ALMSGIVING

God often keeps his promises through the goodness of others. For whom specifically will we be instruments of hope this week?



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