



# LENT

Sunday, March 17

## FOR THE KIDS

### Lenten Sacrifice Beans

Sacrifice beans for Lent are very simple to put together, and can be a great teaching tool for kids during this special season. [click here](#)



### 2 min Retreat

Tim Muldoon writes that, "Life in Christ demands the same kind of vigilance, preparation, and training that a person undertakes as an athlete."

This Lent, become a spiritual athlete and join Tim for The Ignatian Workout for Lent. [click here](#) for a 2 min retreat

### Stations of the Cross



Bishop Baron reflects on the Stations of the Cross [click here](#) to access video

## A Meditation based on Genesis 15:5-12, 17-18

*Look up. (Genesis 15:5)*

All three readings today urge us to do one thing: fix our eyes on heaven. In the first reading, God told Abraham to look at the night sky. "Count the stars, if you can. Just so ....shall your descendants be," he promised (Genesis 15:5). Abraham, who was already advanced in years and childless, would somehow become the father of many nations.

In the second reading, St. Paul reminds us that "our citizenship is in heaven" and not in this world (Philippians 3:20). He tells us that we belong there, and that we should keep that truth in mind so that we can "stand firm in the Lord" (4:1).

And in the Gospel, Jesus gives Peter, James, and John a vision of his heavenly glory. He knew he was headed for the cross and that his death would shake them to the core. So he gave them this vision to strengthen their faith and encourage them, even as they saw him arrested, tortured, and killed.

Jesus wants us to fix our eyes on heaven as well. He wants us to focus on his glory and his promises as we pray each morning. He knows that if we do, we'll give the Holy Spirit the opportunity to write these promises on our hearts. We'll let the Spirit show us Jesus' love and mercy so that we can stay close to him during the day.

Here are some key promises you can fix your eyes on. First, God promises to keep his covenant with you, just as he kept his covenant with Abraham. Second, Jesus promises that your citizenship is in heaven (Philippians 3:20). You belong to him! And third, the Holy Spirit promises that if you fix your eyes on Jesus in prayer every day, you'll begin to see him more clearly, just as the apostles caught a glimpse of him at his transfiguration.

Choose one of these promises today, and dwell on it. Repeat it over and over. Fix your heart on the way it reveals God's love for you. Look up to heaven, and let your heart be filled with all its goodness and grace!

### Today's other Readings:

Psalm 27:1, 7-9, 13-14

Philippians 3:17-4:1

Luke 9:28-36

*Let us Pray...*

*"Jesus, help me to keep my eyes fixed on you today."*