

## LENT HOUSE GROUPS 2026

### SESSION 2: Listen to Him



*“For with you is the fountain of life; in your light do we see light.”*  
- Psalm 36:9

## Enter the Sacred Space (5 minutes)

*The leader invites all to enter into a prayerful presence to the Holy Spirit, whose guidance we seek during our time together. During this prayerful silence, we give thanks for the opportunity of this time together, for the presence and gift of each other and ask for the grace of the Spirit to flow unimpeded during the session. All pray in silence for all, that each may receive light and healing*

## Pray and Share (15 minutes)

Leader: We gather in the name of the Father:

**Who spoke from Heaven – claiming his Son, the beloved, calling the whole world to listen to him.**

Leader: We gather in the name of Jesus:

**Whose glory was revealed in the love of the Father, and affirmed by Moses and Elijah, the lawgiver and prophet, whose work came to fulfilment in Jesus.**

Leader: We gather in the name of the Spirit:

**Lord and life-giver: radiance of God, proceeding from Father and Son to enlighten and transform the world and its peoples.**

*In a period of calm and a space of trust, each one of us is invited to share briefly one thing that has happened in the past week or your hopes for the week ahead. It could be one thing that has given you cause for concern, something shared during the last time you met as a group or something that has given you cause to celebrate.*

*In this moment of peace and fellowship, we pray for the good of the group. Each member is invited to offer up any personal intentions. We also pray for the good of the Church, for wisdom in our country and for the common good. Let us also bring to mind the poor, the sick and those who have died. We join together in praying:*

Our Father, who art in Heaven, hallowed be thy name. Thy kingdom come, thy will be done on earth as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation but deliver us from evil. Amen

## Spiritual Reading and Contemplation (15 minutes)

*What follows is the practice of spiritual reading and journaling that we can choose to generously share with each other. Each week includes a scripture passage, a poem and a picture. Read through the materials once as a group and then each person reflects on the material in silence.*

### Scripture Reading

#### **Matthew 17:1-9**

At that time: Jesus took with him Peter and James and John his brother 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 white as light. And behold, there appeared to them Moses and Elijah, talking with him. And Peter said to Jesus, 'Lord, it is good that we are here. If you wish, I will make three tents here, one for you and one for Moses and one for Elijah.' He was still speaking when, behold, a bright cloud overshadowed them, and a voice from the cloud said, 'This is my beloved Son, with whom I am well pleased; listen to him.' When the disciples heard this, they fell on their faces and were terrified. But Jesus came and touched them, saying, 'Rise, and have no fear.' And when they lifted up their eyes, they saw no one, but Jesus only. And as they were coming down the mountain, Jesus commanded them, 'Tell no one the vision, until the Son of Man is raised from the dead.'

## Poem

### The Kingdom of God - Francis Thompson

"In no strange land"

O world invisible, we view thee,  
O world intangible, we touch thee,  
O world unknowable, we know thee,  
Inapprehensible, we clutch thee!

Does the fish soar to find the ocean,  
The eagle plunge to find the air—  
That we ask of the stars in motion  
If they have rumour of thee there?

Not where the wheeling systems darken,  
And our benumbed conceiving soars!—  
The drift of pinions, would we hearken,  
Beats at our own clay-shuttered doors.

The angels keep their ancient places;—  
Turn but a stone, and start a wing!  
'Tis ye, 'tis your estrangèd faces,  
That miss the many-splendoured thing.

But (when so sad thou canst not sadder)  
Cry;—and upon thy so sore loss  
Shall shine the traffic of Jacob's ladder  
Pitched betwixt Heaven and Charing Cross.

Yea, in the night, my Soul, my daughter,  
Cry,—clinging Heaven by the hems;  
And lo, Christ walking on the water  
Not of Gennesareth, but Thames!

## Picture

### Transfiguration of Christ – Bellini



## Potential Discussion Topics

- Have there been times in your life when you have felt strongly affirmed in your calling to be a follower of Jesus Christ?
- Have you ever been overcome with fear on hearing Jesus' call, like Peter, James and John? What helped you to transform your fears into service?
- What has helped you to 'listen to him'?
- Do we experience the communities we belong to (e.g. families, friends, parish, wider community) as places where we are supported in our beliefs? If not, where do we find support for our faith?

## Journal Notes

*Optionally use this space to record your thoughts during your time of reflection*

## Conversation and Sharing (15 minutes)

*Each person is invited to briefly share any thought or insight related to the materials that came to them during their time of reflection. This could be in the form of a simple phrase, a prayer that came to mind, an image or any other insight. It is also permissible to simply respond with silence and no one is obliged to speak.*

## Conclusion (5 minutes)

*The leader can optionally summarise the main insights that have been shared and the meeting concludes with prayer:*

Heavenly Father, as we have gathered in the warmth of this house, we thank you for this season of Lent. A time of prayer, fasting, almsgiving and reflecting on your suffering, death and resurrection. We ask you to use this time to draw us closer to your heart in deeper union with you and each other. May the lessons we learn transform us into your disciples, ready to carry your light into a world in need. We ask this through Christ our Lord.

**Amen**