

# LENT 2026



*The family home and table are a sacred space where God's love is lived and shared.*

*Make time to gather your loved ones to pray and celebrate Lent. Consider preparing a lent recipe together as a family and then eating together while you discuss this week's theme, work on an activity and close with prayer. Choose one or more of the activities below and complete with your children, godchildren, or grandchildren this week.*

## The Transfiguration

Jesus knew his death was coming. He knew when the disciples saw him die, they would be really scared. So he wanted to give them something to help them understand the great glory of God. He took them to the top of the mountain so that they could see and witness him transfigured in glory. This way when he died, the disciples would feel confident and trust in God's glory over all things even death.

When we read the story of the transfiguration, we are reminded that fear and pain does not win but the glory of God will always overcome. The transfiguration gives us a mountaintop view of the future. No matter how difficult life gets, no matter how painful a situation is, we have hope in Jesus and in the glory of God.

Our focus this week is to be **"People of Hope"**. In this second week of Lent, let us continue to walk with Jesus to the Cross, let us walk the road to Easter as people of hope.

## Gospel Reading

Mark 9: 2-10  
The Transfiguration

### Pray - Gratitude

St. Ignatius of Loyola believed that gratitude was one of the most important prayers for us to practice. In fact, he said ingratitude (being ungrateful) was one of the biggest sins because we do not give thanks to God for all that we have been given.

When we take time to be grateful, we realize how loved and blessed we are by God. We open our eyes to see God's loves in the people around us, in the air we breath, and the things we have. Print out the gratitude prayer, or look for an old notebook or a special piece of paper and make it a gratitude journal. This week, focus on the prayer of gratitude before bedtime.

Write: Thank you Jesus for...

on your gratitude paper and place it next to your bed. Before going to sleep each night, write down 3 things you are grateful for. Include these in your night prayer. You will soon realize that this prayer brings joy because when we stop to give thanks, we begin to realize that there is so much to be grateful for and that we are very blessed.

Take the list to Mass this next week and make time for a special prayer before or after Mass.



### Fast - negativity and hopelessness

The Transfiguration reminds us that we are a people of hope and that we look forward to the glory of God. We believe in the resurrection and we know that God wins. This week fast from negativity. If someone in the family says something negative or hopeless, respond by saying "We are a people of hope". Then invite the person to say two positive things. This is especially important if the person is being negative about his or herself. Being negative hurts us and does not let us fully be a people of hope.

### Give - from your heart

As a family, think of what it means to give from your heart. Then brainstorm what you could do this week to give from your heart.

Some ideas:

- Give 3 compliments today.
- Give someone a hug.
- Give someone your time
- Make and give dinner to someone who is alone.



Visit [lafamiliascatechesis.com](http://lafamiliascatechesis.com) for this week's resources

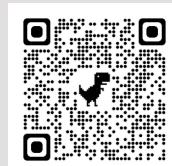
## Pray + Fast + Give + Cook + Activity

Cook & Eat together: *Capirotada*

Isn't it kinda funny that Fridays in lent are supposed to be a time of fasting, but our *abuelitas* and *mamás* make us a special dessert, *capirotada*. This "only during Lent" dessert is a reminder of the **transfiguration**, it is a delicious food lesson during Lent that offers hope as we accompany Jesus to the cross. This sweet colorful reminder of God's coming glory is a central component of this week theme and is a special Lenten tradition for Hispanic families.

Sometimes things in life get tough and we might think our world is over. At these times we need to remind each other to "zoom out", "get a mountain top" view and see the bigger picture. No matter what kind of hurt or pain we may be feeling, we remember that we will have new life and we will always have God's glory. How funny, that a traditional Lenten dessert like *capirotada* can have such profound meaning.

Everyone makes *capirotada* differently. In the many regions of Mexico, a variety of ingredients are used from the types of bread, fruits, and nuts. Celebrate the transfiguration and the coming glory of God by making and eating *Capirotada en familia*. And when you put the colorful sprinkles on top, say a prayer of thanksgiving and hope.



## Activity Family pilgrimage to a local sacred space

For thousands of years, Christian pilgrimages visited sacred places of Jesus birth, life, death, crucifixion and resurrection.

As a family decide on making a pilgrimage to a local sacred space. Pray the sorrowful mysteries of the rosary on the drive or walk to the place. When you arrive take time to reflect on the sorrowful mysteries and the pain Jesus endured. Recognize Jesus' journey as an act of Love.

## Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging
3. The Crowning With Thorns
4. The Carrying of the Cross
5. The Crucifixion



## Prayer



In the name of the Father, and of the Son, and of the Holy Spirit, **Amen**.

Lord, in the transfiguration you remind us that you are stronger than any problem we may have.

Thank you for being my best friend and for always being with me. When I am scared, worried, or hurt from stuff, help me to remember that you are by my side. And that you are bigger than any problem I may have.

Help me to see the bigger picture, so that I will always have hope in you.

Bless and protect those I love, my family and friends.

In the name of the Father, and of the Son, and of the Holy Spirit, **Amen**.