

On a Pilgrimage  
March 5, 2023  
2nd Sunday in Lent



ARCHDIOCESE OF SEATTLE

# At Home with Faith

We might not be able to leave our neighborhoods to go on a pilgrimage, but the Lenten practices of prayer, fasting, and almsgiving move our hearts and minds on a journey to be closer to God.

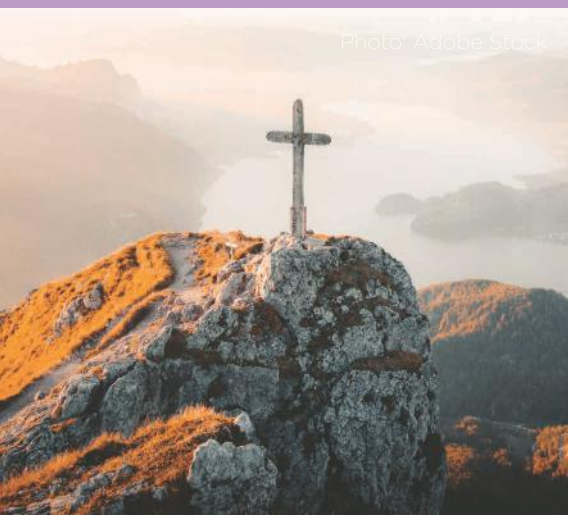


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God called Abraham to leave the familiar and comfortable and follow on a path that would lead him to a holy life, a life dedicated to God. He calls each of us in the same way.

Our faith teaches that each person's life is like a pilgrimage, a journey specifically designed to strengthen our relationship with God. These 40 days of Lent remind us how our life should be a journey that leads towards heaven.

We may not leave our neighborhood, but prayer lifts our minds to God. Fasting creates space for God in our senses. And giving to others in need commits our wills to God. With these Lenten practices, we can move closer to God each day of Lent.

## Read

Take time to read and reflect on the Scriptures for this day.

**Don't have access to a Bible?**

Visit [www.usccb.org/bible/readings](http://www.usccb.org/bible/readings) or download an app such as *Laudate* or *iBreviary* to access the Mass readings.

**Genesis 12:1-4**

God calls Abraham and promises to make a great nation from him.

**Psalms 33**

Lord, we place our trust in your mercy.

**2 Timothy 1:8-10**

God saves us and calls us to a holy life.

**Matthew 17:1-9**

The transfigured Jesus promises the resurrection.

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## Talk

Here are some reflection questions to help you have **Great Conversations** with the whole family.

Pilgrimages are very demanding things. That's why the Church developed the Stations of the Cross as a way for faithful Christians who could not make it to Jerusalem to go on a sort of stationary pilgrimage to meditate on the way of the Cross and Jesus' sacrifice for us. Either before or after Mass on Sunday, show the Stations of the Cross at your parish to your family. Invite them to take a moment to reflect on the meaning of each station. If your parish offers a time for the Stations of the Cross prayer, take advantage of the opportunity. You may also log on to [www.athomewithfaith.org](http://www.athomewithfaith.org) to find more resources or experience a video reflection on the Stations of the Cross.

Visit us online for more prayer resources and weekly Lenten reflections:

<https://archseattle.org/lent/>

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Use this scriptural Stations of the Cross reading to reflect on each station:

### **Scriptural Stations of the Cross**

<https://www.usccb.org/prayers/scriptural-stations-cross>

Watch this moving 3-minute video sharing Stations of the Cross to from around the Archdiocese of Seattle to reflect upon this powerful devotion:

### **Stations of the Cross 2021**

<https://vimeo.com/530953873>

Go deeper with this 26-minute video by Word on Fire:

### **Entering the Desert of Lent**

<https://youtu.be/C-GOuOnM5Xg>

For more resources, visit us online at:

<https://www.athomewithfaith.org>