

Our Lady of Perpetual Help Parish **Bulletin for Teens**



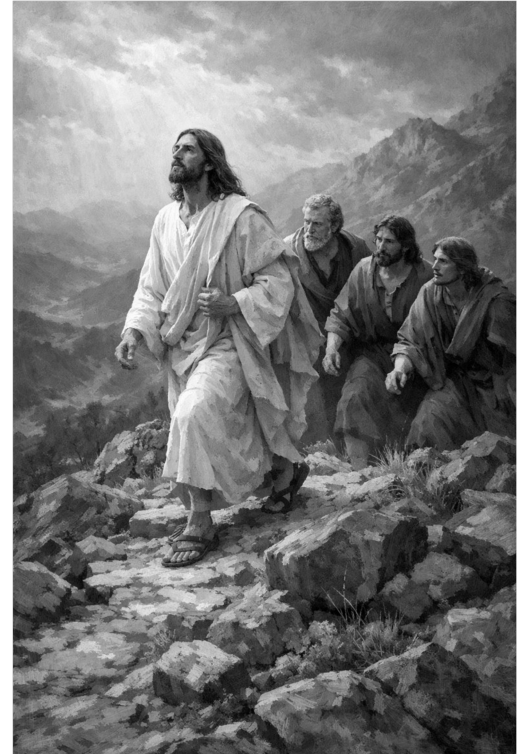
Listen To Him

Sunday the 1st of March 2026, Second Sunday of Lent, Year A

Gospel: Matthew 17:1-9

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.'

When they heard this the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.



Silence and Listening

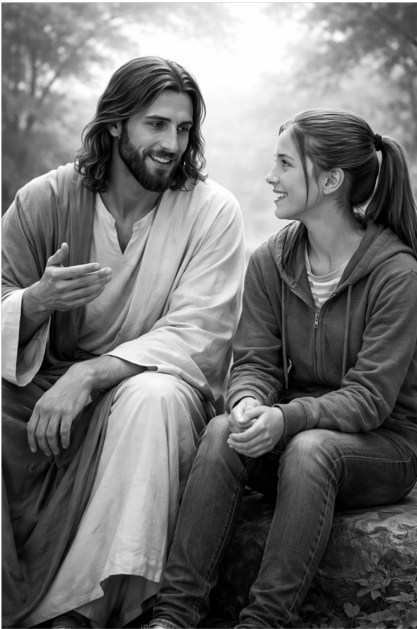
Listening to God's voice can sound like a kind of abstract concept. In theory we know that we should listen to God. That we should do what He asks of us. In practice, however, we generally have no idea how to.

Scripture gives us these magnificent images of God speaking to His people. Abraham in our first reading hears God tell him to leave behind his homeland and travel to a distant land where he will become the father of a whole nation. In our Gospel the Apostles travel with Jesus, see Him transfigured in Glory, and hear the voice of the Father resounding from Heaven. How does that compare with our own experiences?

What we must understand is that it wasn't how loud God spoke that allowed Abraham and the Apostles to hear God's voice, it was their openness to listening.

We know from our own experience that it's very possible to have a whole conversation with someone and never really hear what they've said. We get so caught up in our own heads, in the things that have happened or will happen, and we fail to be present to the other person and the things they are sharing with us. We do the same thing with God.

We may reach out to the Lord in prayer, we may even share with Him our joys and struggles, but we generally don't listen to what He has to say in return. If we continue to be occupied with our own busy lives, distracted by all of the different voices demanding a piece of our attention, then our hearts become



so noisy that we have little hope of hearing the Lord when He does speak.

The voice of God is usually a very quiet thing. We have to be quiet ourselves in order to hear it. That can't happen if our lives are filled only with busy things and external noises.

The best way to grow attentive to God's voice is to spend time with Him in silence. Without our phones or other distractions to pull us away. This may sound easy, but it can actually be a really hard thing for us to do. It is in this place, however, that we can hear God speak to us.

Questions for Reflection:

Do I know what God's voice sounds like?

What are some noises or distractions in my life that may be keeping me from hearing God's voice?

When is a time in my week that I could commit to sitting in silence with Jesus?



A message from Pope Saint John Paul II: The Discipline of Listening



Dear young woman, dear young man, youth is the period in which you wonder what to do with your life, how to contribute to making the world a little better, how to encourage justice and build peace.

This is the invitation I am addressing to you: "*Listen!*". Do not tire of training yourselves in the *difficult discipline of listening*. Listen to the voice of the Lord who is speaking to you through the events of daily life, through the joys and sufferings that go with it, the people who are close to you, the voice of your conscience thirsting for truth, happiness, goodness and beauty.

If you are able to open your hearts and minds with availability, you will discover "your vocation", *in other words, the plan that God in his love has devised for you from eternity.*

An extract from the Papal Address of his Holiness Pope Saint John Paul II upon meeting with the Catholic youth of Switzerland on the 5th of June 2004.