



WEEK 3

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It's the third week of Lent! How have you been journeying so far?

How have you been fasting so far? How is your prayer time? Have you found yourself longing for Jesus even more? As we move into the third week of Lent, may we strive for a deeper connection with Jesus as we let go of all unnecessary distractions and pleasures in life.

MARCH 16, 2025

Gospel Reading: Luke 9:28b-36

Then from the cloud came a voice that said, "This is my chosen Son; listen to him."
(Luke 9:35)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

GOSPEL REFLECTION:

In today's world, we are constantly surrounded by noise that encourages us to pursue worldly desires and stray from God's path. Too often, we find ourselves choosing to listen to these distractions, leading us away from His presence. We may even believe we are bound by sin, making it difficult to release the desires that hinder us from fully embracing God's love and His plans for our lives.

However, in today's Gospel, we are reminded that true transformation comes from listening to the Son of God, whom the Father has chosen. When we turn our hearts to Jesus and allow His voice to guide us, we are transformed by the God of renewal. Only He has the power to cleanse us from our sins and make us whole again.

We are called not only to witness this transformation but to glorify our risen King and testify to His miraculous works. Let us fix our eyes on Jesus, trusting that He will renew our hearts and lead us to a life that reflects His grace and power.

WEEK 2

REFLECTION QUESTION:

What area of your life is God inviting you to surrender so He can transform it with His grace?

PRAYER:

Lord, transform my heart so that I may let go of what holds me back and fully embrace Your love and purpose for my life.

WEEK 3

MARCH 17, 2025

Gospel Reading: Luke 6:36-38

*Jesus said to his disciples: "Be merciful, just as your Father is merciful."
(Luke 6:36)*

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

GOSPEL REFLECTION:

We cannot deny that practicing forgiveness and mercy has always been a challenge, especially when someone hurts us. Often, we immediately seek justice in an inappropriate way, and at times, we may even hold onto bitterness. However, today's gospel teaches us the importance of mercy. It calls us to have hearts that understand and forgive, just as the Lord our God has shown us mercy.

In this season of Lent, may we seek mercy as the Lord has exemplified it for us. Let us allow ourselves not to be driven by a desire for vengeance, but instead take the time to reflect, pray, and discern more compassionate and Christlike ways to respond.

REFLECTION QUESTION:

In what ways can you respond to others with compassion and understanding, instead of holding onto bitterness?

PRAYER:

Lord, grant us the grace to forgive as You have forgiven us. Fill our hearts with mercy instead of bitterness. May we reflect Your love in all our actions.

WEEK 3

MARCH 18, 2025

Gospel Reading: Matthew 23: 1-12

Whoever exalts himself will be humbled; but whoever humbles himself will be exalted. (Matthew 23:12)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

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GOSPEL REFLECTION:

As servants, we all have our tendencies because of the things that we are experiencing as a youth. Today's Gospel mentioned about the actions of the scribes and the Pharisees; that they are not practicing what they are preaching.

During this season of Lent, let us reflect upon our lives as servants. Are we practicing what we are preaching? Or are we like the scribes and Pharisees that unknowingly exalt themselves in the process of their service?

It is important to acknowledge the status of our servant hearts every now and then. In that way, we can know what we can do. In that way, we can know how we can give more of ourselves to the Lord.

REFLECTION QUESTION:

How is the Lord calling you to humble yourself today in your school, in your family, and in the community?

PRAYER:

Jesus, remind us every time that we are merely Your vessels of grace; everything we have and everything we do are all from You.

WEEK 3

MARCH 19, 2025

Gospel Reading: Matthew 1:16, 18-21, 24a

When Joseph awoke, he did as the angel of the Lord had commanded him and took his wife into his home. (Matthew 1:24a)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

GOSPEL REFLECTION:

There are moments in my missionary life when I need to do something inconvenient and uncomfortable, and I ask God, "Do I really need to do this?"

Moments when I have to wake up early because I need to travel for hours before going to the mission, double-check all the mission emails that need to be sent, and even set aside time to rest for myself.

I find it hard to continuously say yes when things don't go my way. When Joseph was told that Mary, his wife, would bear a child through the power of the Holy Spirit, he initially chose to divorce her quietly. Yet, God sent an angel to affirm him, telling him not to be afraid.

As youth missionaries, our calling demands that we go beyond our comforts, for we are made for greatness. Just as Joseph realized the greatness of the mission entrusted to him as the father of Jesus, he did as the angel of the Lord commanded. Jesus' command is for us to be still and know that He is in control despite the inconvenient and uncomfortable moments we face.

REFLECTION QUESTION:

What are the moments in my life when God is calling me not to be afraid?

PRAYER:

Lord, teach me to go beyond my comforts and always remind me that I am made for greatness. Teach me not to be afraid when facing inconveniences in my life.

WEEK 3

MARCH 20, 2025

Gospel Reading: Luke 16:19-31

Abraham replied, 'My child, remember that you received what was good during your lifetime while Lazarus likewise received what was bad; but now he is comforted here, whereas you are tormented. (Luke 16:25)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

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GOSPEL REFLECTION:

Many times in my life as a Catholic, I always wonder what it would be like if I didn't choose to be an authentic one. It is true that being an authentic Catholic is difficult because you live a life of giving and making sacrifices.

Sometimes, it seems to be easier to just live a "worldly" life, a life of sin and selfishness. To only choose what is best for "me" and "my" desires, and not think about the people around me. Just like how the rich man lived his life in the Gospel.

But I am reminded to be like Lazarus, that it is okay if I have my fill of "bad" days now. I will choose this life of being a Catholic, a life of giving and loving even if it is hard, because I know and trust that the Lord is always here to be my guide and my comfort.

REFLECTION QUESTION:

What are the things God is calling me to let go of?

PRAYER:

Heavenly Father, may you teach me to live a life of giving and making sacrifices. Teach me to love like You, Jesus. My heart is Yours.

WEEK 3

MARCH 21, 2025

Gospel Reading: Matthew 21:33-43, 45-46

When vintage time drew near, he sent his servants to the tenants to obtain his produce. (Matthew 21:34)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

GOSPEL REFLECTION:

College life can be overwhelming, with all the deadlines, exams, and pressures to succeed. Sometimes, in our pursuit of good grades and achievements, we forget to acknowledge the one who gives us the ability to learn: God. In today's gospel, Jesus tells a parable about tenants who enjoy the fruits of a vineyard but forget that it belongs to the landowner.

This reminds me of a time when I was so focused on excelling in my studies that I barely prayed or thanked God for guiding me. I started relying only on my own efforts, forgetting that my knowledge and opportunities are blessings from Him. But success without gratitude and faith can make us lose sight of what truly matters. No matter how far we go in life, we must always remember that everything we achieve is because of God's grace, and we should never take Him for granted, let us respect the one who gave us all of the things that we have right now.

REFLECTION QUESTION:

How can I recognize God's presence in my daily life?

PRAYER:

Lord, help me to recognize Your presence in my life, to be grateful for Your blessings, and to always put You first in everything I do.

WEEK 3

MARCH 22, 2025

Gospel Reading: Luke 15:1-3, 11-32

"He said to him, 'My son, you are here with me always; everything I have is yours. But now we must celebrate and rejoice, because your brother was dead and has come to life again; he was lost and has been found.'" (Luke 15:31-32)

ST. AUGUSTINE PRAYER TO THE HOLY SPIRIT

Breathe in me, O Holy Spirit, that my thoughts may all be holy. Act in me, O Holy Spirit, that my work, too, may be holy. Draw my heart, O Holy Spirit, that I love but what is holy. Strengthen me, O Holy Spirit, to defend all that is holy. Guard me, then, O Holy Spirit, that I always may be holy. Amen.

GOSPEL REFLECTION:

I remember when the Lord spoke to me when I was cooking. I was in charge of grilling the barbecue and I got so frustrated because I always burn parts of the barbecue, causing it to have dark spots.

I've been serving the Lord for 7 years now, and my life before was much different from now. I tried doing different kinds of things, like smoking and other vices. I thought that worldly things are good because it was fun. Then, problems started to pile up and that's when I realized that this not the life that God wanted for me. From that day, I told myself that I will give everything for the sake of the call because the Lord sacrifice himself at the cross just to save me from all of my sins.

Sometimes, we feel undeserving of the Lord because of our sins. We always say *"nakakahiya kay Lord, ang dami kong kasalanan"*. We are disgusted with our sinfulness-- the dark spots in our lives. Just like barbecue, there are dark spots because it is burned. But if we look at it, it's what makes the barbecue great. Our sins don't define who we are. The Lord doesn't look at our past; He looks at our heart. The sins that we have done before make us stronger now because our God is good and our God gives Hope.

REFLECTION QUESTION:

How did God change you as a missionary?

PRAYER:

Lord I know that this life is not easy all of the temptations; But Lord, please help me to strive for a life of holiness.