



WEEK 2

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Welcome to the second week of the Season of Lent!

How is your fasting lately? Have you figured out what you are going to offer this Lent? As we move into the second week of Lent, may we be able to immerse ourselves in scripture even more so that we may nourish ourselves spiritually while we pray and fast!

MARCH 10, 2025

Gospel Reading: Matthew 25:31-46

And he will separate them one from another, as a shepherd separates the sheep from the goats. Amen, I say to you, what you did not do for one of these least ones, you did not do for me.' (Matthew 25:32,45)

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 Gospel, Jesus told His disciples about the Son of Man separating sheep and goats and the King doing what His servants did to the afflicted and granting them what they deserved.

When I was a kid, I thought being kind was what mattered the most, doing good was enough, and it would surely make the Lord happy. Growing up believing this, I did things that I thought were right just because it was the kind thing to do. But as years passed by, hearing a lot of stories, testimonies, and alone time with the Lord, I gradually understood that being good was just a shallow deed to please the Lord. We are called to love like how Jesus loves His people. He loves them, but He also wants His people to strive for holiness and be like sheep that love their neighbors as themselves and act charitably toward them.

This Lenten season, the Lord wants us to make ourselves the least. Love like Jesus, help like how He reached His hands to people, whether people see it or not. Let's strive to see Jesus in other people and reach out more, for what you do to other people, you also do to Jesus.

WEEK 2

REFLECTION QUESTION:

How open is your heart to do the things that the Lord wants you to do especially during this lent season?

PRAYER:

Lord, I humbly ask You to lead me with Your divine wisdom and grace, transforming my heart and mind to reflect Your love. Amen.

WEEK 2

MARCH 11, 2025

Gospel Reading: Matthew 6:7-15

Do not be like them. Your father knows what you need before you ask him.
(Matthew 6:8)

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 Gospel, Jesus taught the disciples how to pray The Lord's prayer. Ever since I was young, my family always had the routine of praying the Holy Rosary together. So at a very young age, I was already familiar with it. As I grew up, that routine began to fade. We continued to pray, but we prayed on our own.

Whenever I am confused, overwhelmed, or don't know what to pray about, I always include the The Lord's prayer.

REFLECTION QUESTION:

How is God calling you to deny yourself and carry your cross this lent?

PRAYER:

My God, help me to see what you are calling me to surrender to You.

WEEK 2

MARCH 12, 2025

Gospel Reading: Luke 11:29-32

While still more people gathered in the crowd, Jesus said to them, "This generation is an evil generation; it seeks a sign, but no sign will be given it, except the sign of Jonah. (Luke 11:29)

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:

As a Catholic, I always pray to God to give me signs whenever I am discerning for anything significant, like when I was discerning to be a mission volunteer. My prayers are filled with "Lord, give me signs if this is really Your call to me." But now, as I grew in faith, I realized that asking for signs is in a way, blasphemous—it's like challenging God's abilities or asking proof for God's existence.

I believe that the Gospel today calls us to walk with faith and not by signs. Let us respond to God's call with a repentant and open heart. We are called to be faithful beyond signs. We are called to have a child-like obedience—an obedience that does not ask any questions, but just responds.

REFLECTION QUESTION:

In this season of Lent, what are the ways you can do to grow your faith?

PRAYER:

Lord, remove my doubts, remove my worries and fill my heart and soul with hope as I put my trust in You.

WEEK 2

MARCH 13, 2025

Gospel Reading: Matthew 7:7-12

If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him. (Matthew 7:11)

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:

God has never been outdone in generosity. This Lenten season, what we are asked to do is honestly tell God what we want and come before Him so we can receive His grace.

However, I sometimes find myself distracted by the things I think I should have, according to what the world offers. With these things occupying my mind, I lose focus on being grateful for the good things God has already given me and the blessings He is preparing for me. Indeed, today's Gospel is a good reminder for us. If people, even without occasions, take the time and effort to give good gifts, how much more is God preparing a future full of hope for us? I can always look back to times when what I had was enough, or even to moments when I had no money left in my pocket, but God works in mysterious ways. There have been times when people have treated me to lunch so I could save up for the next meal or when unexpected reimbursements came through, allowing me to contribute to our family's expenses. God is faithful. He sees ahead, and the best things are yet to come our way.

REFLECTION QUESTION:

What are the good things God has blessed you with lately?

PRAYER:

Lord, thank You for giving me so much more than what I deserve. You are my Good Father and You know what is best for me, so I surrender my will to Your will.

WEEK 2

MARCH 14, 2025

Gospel Reading: Matthew 5:20-26

Therefore, if you bring your gift to the altar, and there recall that your brother has anything against you, leave your gift there at the altar, go first and be reconciled with your brother, and then come and offer your gift. (Matthew 5:23-24)

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:

As the season of Lent continues, today's gospel reminds us of forgiveness and reconciliation.

Serving the Youth, I am called to guide and care for the people God assigned me to take care of. There are times when correction is needed, misunderstanding and high emotions may occur. Even if I don't intend to hurt the people I care about the most, sometimes it is inevitable. These situations linger in our hearts, nurturing our hurts and disconnecting us from the relationship we once had. The gospel made me realize today that forgiveness is a form of love. If we want to offer ourselves to the Lord fully, we cannot give it all if there are conflicts residing within us. Let us reconcile with our friends, families and all the people we have hurt or who have hurt us.

May the season of Lent be a season of forgiveness, mercy and reconciliation.

REFLECTION QUESTION:

How can you allow your heart to forgive and reconcile the people you have conflicts with?

PRAYER:

Lord, may you soften our hearts to reconcile and forgive those that we hurt and have hurt us.

WEEK 2

MARCH 15, 2025

Gospel Reading: Matthew 5:43-48

But I say to you, love your enemies, and pray for those who persecute you, that you may be children of your heavenly Father. (Matthew 5:44-45)

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:

As the youth of today, it is easy for us to hold onto grudges, especially when people have hurt us. We often justify our anger, believing that we've been wronged, which can lead to bitterness or indifference. Personally, I find it challenging to see the good in others when they have hurt me—when they offend me, forget me, or even talk behind my back. But God calls us to something greater. He invites us to rise above our pain and love as He loves, not as the world teaches us.

We are called to love beyond the hurt, to choose understanding over resentment. It's not always easy, but having this mindset allows us to live with more peace and kindness. Let us choose to love without expecting anything in return, just as God continues to love us despite our flaws and failures.

REFLECTION QUESTION:

How can I reflect God's unconditional love in my relationships, even when it's difficult?

PRAYER:

Lord, help me to love as You love, to forgive, to understand, and to choose kindness even when it is difficult.