



The Power of Faith

Glory to Jesus Christ!

Popularity has a powerful effect on people. Whether you seek it or run from it, popularity can create or destroy friendships.

Jesus Christ was popular and the crowds flocked to Him. They wanted to hear His words, receive healing, and be changed by **encountering Him**.

Jesus is in the House

Scripture tells us that as more people became aware of Jesus, their desire led people to do radical things.

They rejected social expectations, climbed trees, and even tore the roof of houses, just to get closer to Him. What would you do to **get closer to Christ**?

Is Jesus in our Church?

Our church is often called the House of God - not that God needs a place to live - but as the **center of our spiritual community**. It is the place where we come together as Orthodox Christians to worship and praise God in a **unity of Faith**.

Our faith in God generates a desire to be in church. Why do you want to hear God's words in the gospel and **receive His Body and Blood** in the Eucharist?

Is Jesus in our Home?

The spiritual nourishment we receive in **the liturgy sustains us** in our homes throughout the week. When we bring God home from church, His teachings and instructions can **inspire our actions** with our families and neighbors.

How does being involved in **the liturgy inspire you** as an Orthodox Christian in your home and communities?

Is Jesus in our Heart?

God can't live in a box, kept on a shelf until Sunday morning or moments when we need help. We need to allow God to live in our heart, mind, and soul every day.

When **God is in our thoughts**, we can turn from negative ideas. When **God is in our actions**, we can offer help to those in need. When **God is in our heart**, our Faith can move mountains.

Our faith needs to be nurtured, becoming as strong like the men who ripped open the roof for their friend to see Jesus. What are you willing to do to **strengthen your faith to get closer to Christ**?

Scripture Readings

for the Second Sunday of Lent:
St. Gregory Palamas

Epistle: **Hebrews 1:10-2:3**

Gospel: **Mark 2:1-12**

Hymns of the Day

for the Second Sunday of Lent:
St. Gregory Palamas

Troparion (St. Gregory) - Tone 8

O light of Orthodoxy, teacher of the Church, its confirmation, O ideal of monks and invincible champion of theologians, O wonder-working Gregory, glory of Thessalonica and preacher of grace, always intercede before the Lord that our souls may be saved.

Kontakion (Triodion) - Tone 4

Now is the time for action! Judgment is at the doors! So let us rise and fast, offering alms with tears of compunction and crying: "Our sins are more in number than the sands of the sea; but forgive us, O Master of All, so that we may receive the incorruptible crowns."

Kontakion (St. Gregory) - Tone 8

Holy and divine instrument of wisdom, joyful trumpet of theology, together we sing your praises, O God-inspired Gregory.

Since you now stand before the Original Mind, guide our minds to Him, O Father, so that we may sing to you: "Rejoice, preacher of grace."

Parents, Church School Teachers & Youth Directors:
Watch for the ☞ to indicate topics/questions you can use to inspire conversations with youth. Or use the corresponding study guide for this resource.

Scripture based Living

Understanding the Word of God

Ages 8-10 (Grades 3-5)

In today's reading (Mark 2:1-12), Jesus is teaching when a man is brought by his friends to be healed. What does this say about the friends? What does it say about the man? What does it say about Jesus? We can learn from this gospel reading how to live our lives in relation to God and those around us.

Instructions: Review today's reading and in pairs or small groups, answer the questions below about the people in the reading. Then come together as a class to share your answers and discuss the last question to identify ways your class can help others in your parish community.

1. The Friends

- What do they do that is compassionate?
- How can I be like the friends of the man?

2. The Man

- Accepts the help of others, trusting in their care
- How can I rely on God with faith to guide me in my life?

3. The Teachers of the Law

- Judge Jesus because they are arrogant and prideful
- How can I avoid judging and being prideful in my life?

4. Jesus Christ

- Is merciful and compassionate
- How can I be like Jesus Christ in my words and deeds?

5. You & Me

- To strengthen our faith in God, we can:
- To help others in our parish, we can: