

## **SEASONAL TABLE CARDS**

The parish uses table cards on a regular basis to both encourage prayer in one's home and to help parish members share some common practices of prayer, no matter our schedules.

### **To use:**

- Print out page two of this document.
- Fold the page in half so that the prayer is on one side and the reflection on the other.
- Place the card on the table where you eat or another conspicuous spot and use it as your prayer before meals or as a night prayer.

*Reflection: Peter, James, and John see Jesus  
for a moment as he really is.  
When in your life have  
you experienced Jesus?*



Jesus took Peter, John, and James and  
went up the mountain to pray.  
While he was praying his face changed  
in appearance and his clothing became  
dazzling white.  
Luke 9:28-29

Lent 2010 Table Card



God of transformation,  
help us bring light to  
those parts of us which  
remain in darkness.

Send us the Holy Spirit to penetrate that  
hardened place within us and bring it to  
wholeness. Change us so that we show  
God's face to others. We ask this through  
Jesus Christ, our Lord.

Amen.

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