



Cycle C

Third Sunday of Lent

Lectioary #30

Reading I: Exodus 3: 1-8a, 13-15

Today's first reading reflects the manner that God works and moves within our lives. As Moses tends his sheep on a typical day, he encounters God in an unexpected way and this **transforms** Moses, the Israelites, and all of human history. God consistently takes humanity by surprise and invites us to enter into a change, a conversion, or a **transformation**. If we try to avoid this invitation, we can be guaranteed that God will reach out to us again. **Transformation** is not a single moment, but a lifelong process. However, God assures us that we will be accompanied on our journey towards **transformation**.

Reading 2: 1 Corinthians 10: 1-6, 10-12

Saint Paul cautions the Church at Corinth that they must avoid the sin of pride and arrogance at all costs in order to experience the process of **transformation**. He reminds them that their knowledge of Christ is not a guarantee that they won't fail. He encourages them to enter into an ongoing **transformation** so that they may live as an image of Christ. Saint Paul teaches them, and us, that believers are called to learn and relearn in every generation. In other instances, he will say *do not be conformed to this world but rather be transformed by your rootedness in Christ Jesus*. He calls us to enter into an ongoing reflection and conversion that will ultimately lead to our **transformation**.

Gospel: Book Chapter: Verse

There is no question that Jesus is calling all to **transformation** when he uses the word *repent*. Twice in this passage, Jesus states that *if you do not repent you will perish*. It is true that God is always willing to forgive, but we are called to be willing to enter into ongoing reflection and examination in order to begin our **transformation**. Too often, we avoid taking responsibilities for our shortcomings by blaming others and ignoring consequences. Instead, we should put energy into **transforming** ourselves.



The Very Hungry Caterpillar

Written by Eric Carle

Illustrated by Eric Carle

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character education activity

Scared and sacred are spelled with the same letters. Awful proceeds from the same root word as awesome. Terrify and terrific. Every negative experience holds within it the seed of transformation.
-Alan Cohen

The Very Hungry Caterpillar

One sunny Sunday, a caterpillar was hatched from a tiny egg. He was so very hungry, so on Monday, he ate his way through a whole apple. On Tuesday he ate through three plums, and he was still hungry! This colorful book tells the story of a caterpillar's journey to become a beautiful butterfly. Each and every stage that the caterpillar went through was a **transformation** that brought him closer to what he is intended to be. The story is an excellent way to show children how we go through changes and how life is a journey that requires many changes in order for us to reach our transformation.

Notice the Transformation

Step One: Prior to reading the story and presenting the lesson, have the students bring in pictures of themselves at various stages of their lives, from birth up to the present.

Step Two: Have the students use the pictures that they have brought in to make a caterpillar using construction paper. The caterpillar should be a progression of pictures from the earliest picture to the most recent one.

Step Three: Now, using the caterpillar that the students made, ask the students to look at the different ways that they have changed and **transformed** physically over time. Help them to think about ways that they have changed mentally and spiritually as well.

Step Four: Arrange the caterpillars on a tree made out of construction paper and position a butterfly at the very top of the tree. Help the students see that each stage of life has beauty and wonder in it, and that moving towards the butterfly is a lifelong process. Take this opportunity to talk about different ways that the students will continue to **transform** as they grow, such as by continuing to learn, growing in their faith, and going through physical changes.

**We are all butterflies.
Earth is our chrysalis.**
-LeeAnn Taylor



case study

**Look.
Feel.
Know.
Act.**

What could you do today?

Ask your family members if they can identify all the changes that they have observed in you as you've grown. Have them help you make a chart with your name at the top, and then create four columns titled: Age, Physical Changes, Mental Changes, and Spiritual Changes. For example, your chart at age 2 might look like this:

Age 2:

- Physical Changes: able to eat some solid food
- Mental Changes: Investigates the world around you
- Spiritual Changes: Learned how to fold hands

Look Feel Know Act

Look at the exercises you did in class and at home with your family members and recognize that there are so many ways that we can and do change from day to day and year to year. As you notice these changes both physically and mentally, see that we must pay attention to opportunities that are presented to us to experience changes and **transformations**.

Just like you make physical and mental goals, try to come up with spiritual goals, such as making time for prayer and committing to do more good deeds and acts of kindness. What else might you do to advance your **transformation** and growth in faith?

In every reading selected for this Sunday, we encounter people who are being called by God to make changes and be **transformed**. In *The Very Hungry Caterpillar*, we see the physical changes that the caterpillar experiences. However, mental and spiritual **transformations** are not as easy to recognize. In order to experience all of the **transformations** that will help us to live as the image of God, we must pay attention to experiences that create change within us and strive to grow in all aspects of our lives.



closing tool

Loving God and Father, may today be a turning point for me. Help me to recognize that each new day is an opportunity for transformation. Help me, O Lord, to realize that with your help, each new day for me will be a step closer to becoming the person that is your image. Amen.



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