

On the second Sunday of Lent, we remember St. Gregory Palamas, a great teacher of the Church. He taught that through prayer and God's grace, we can experience His divine light—just as the Apostles did when they saw Jesus shining with heavenly glory at the Transfiguration. St. Gregory defended the significance of hesychasm (deep, silent prayer) and taught that we can truly draw near to God when we open our hearts to Him.

Sunday of St. Gregory Palamas



WHY IS IT IMPORTANT?

St. Gregory's teachings remind us that God is never far away—He is always near! When we pray with love and focus, we invite His grace into our lives. The more we pray, the more our hearts shine with His light.

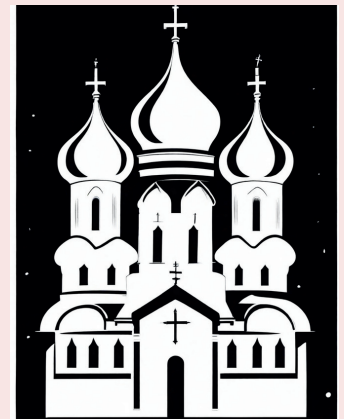
DO YOU KNOW HOW WE CAN APPLY THIS TODAY?

Even in our busy world, we can take time to pray and be still before God, just as St. Gregory taught. Prayer isn't merely saying words—it's a way to open our hearts to Jesus and experience His presence.



For Children

- Practice quiet prayer this week. Stand before an icon, close your eyes, and say the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me." Could you say it slowly and think about Jesus?
- Look for God's light in everyday life—kindness, beauty in nature, and love from family.



FOR PARENTS

- Encourage a moment of quiet prayer at home. Light a candle before an icon and pray the Jesus Prayer together as a family.
- Talk to your children about how prayer brings peace and how St. Gregory Palamas taught us to experience God's presence in our hearts.