

# Family Connections

2nd Sunday of Lent: St. Gregory of Palamas

Hebrews 1:10-14, 2:1-3 & Mark 2:1-12



*If from one burning lamp someone lights another, then another from that one, and so on in succession, he has light continuously. In the same way, through the Apostles ordaining their successors, and these successors ordaining others, and so on, the grace of the Holy Spirit is handed down through all generations and enlightens all who obey their shepherds and teachers.*

—St. Gregory Palamas (14th century)

## EXPLORE TOGETHER:

**Heal the Sick**—This Gospel message teaches us that we must come to Christ to be healed of our sicknesses—both physical and spiritual. Discuss how spiritual sickness can lead

to physical sickness and then how physical sickness can lead to spiritual health. What are tools offered through the Church that can help us in healing both body and soul? How does today's Gospel illustrate our need for others to help heal our illnesses? How can we help others who are sick? Visit [www.lent.goarch.org](http://www.lent.goarch.org) for more resources on this Sunday and to guide your Lenten journey.

**Lenten Prayer of St. Ephraim**—Begin learning the Lenten Prayer of St. Ephraim with your family. Make it a daily practice during the Lenten season. The prayer follows:

*Lord and Master of my life, do not give to me the spirit of laziness, idle curiosity, love of power, and vain talk. But grant me, Your servant, the virtues of moderation, humility, patience, and love.*

*Yes, Lord and King, allow me to see my own faults and not to judge my brothers and sisters. For you are blessed now and forever and unto the ages of ages. Amen.*

When praying after each stanza, teach your children to make a prostration by doing their cross and either bowing and touching the floor with their hand or doing a full prostration by going down on their knees and touching their forehead to the ground. Each night pick one word from the prayer and discuss what it means in our lives.

**Before church next week, read the scripture passages for the  
3rd Sunday of Lent: Veneration of the Holy Cross  
Hebrews 4:14-16, 5:1-6 & Mark 8:34-38, 9:1**

**FOR MORE INFORMATION FOR COUPLES AND FAMILIES, VISIT:**



Center for Family Care of the Greek Orthodox Archdiocese of America  
[www.family.goarch.org](http://www.family.goarch.org)