

Living the Word

MEDITATING ON THE SUNDAY GOSPEL

2nd Sunday of Lent Year A

A resource for personal, family
and community prayer.



“This is my son,
the Beloved...”

Gospel: Matthew 17:1-9

¹Jesus took with him Peter, James and his brother John and led them up a high mountain where they could be alone. ²There, in their presence, he was transfigured: his face shone like the sun and his clothes became as white as the light. ³Suddenly Moses and Elijah appeared to them: they were talking with him. ⁴Then Peter spoke to Jesus. “Lord,” he said, “it is wonderful for us to be here; if you wish I will build three tents here, one for you, one for Moses and one for Elijah.” ⁵He was still speaking when suddenly a bright light covered them with shadow, and from the cloud there came a voice which said, “This is my Son, the Beloved; He enjoys my favour. Listen to

You are invited to read the Gospel passage attentively, respectfully and reverently as a gift of God.



Him.” ⁶When they heard this, the disciples fell on their face, overcome with fear. ⁷But Jesus came up and touched them. “Stand up,” he said, “Do not be afraid.” ⁸And when they raised their eyes they saw no one but only Jesus.

⁹As they came down from the mountain Jesus gave them this order, “Tell no one about the vision until the Son of Man has risen from the dead.”

Reading

Matthew situates 'the Transfiguration' at a critical moment in the life of Jesus. Shortly before this event Jesus had engaged in a difficult conversation with his disciples about embarking on the road to Jerusalem and the likelihood that he would suffer rejection and crucifixion. The disciples were greatly shaken and deeply disturbed by what Jesus had said. Understandably, Jesus himself was also anxious and troubled by this prospect and welcomed some time-out to be alone with his closest friends.

There on the high mountain, in the presence of Peter, James and John, Jesus is "transfigured" - he has a profound experience of the Father's love, which confirms him in his identity and mission. He is now ready for the journey ahead.

On witnessing his transfiguration, the disciples, too, are strengthened and empowered for the difficult journey ahead.

Recognising

You are invited to meditate on the passage, or any part of it, by letting it speak to your life experience until you feel to say "I recognise this passage."

v1. "Jesus was led by the Spirit out into the wilderness to be tempted by the devil."

v5. "This is my Son, the Beloved; my favour rests on him."

Can you remember the experience of seeing someone "transfigured" – lifted up in their dignity and beauty - and you just knew in your heart that this person was a beloved child of God?

v2. "There, in their presence, he was transfigured."

Can you enter into the experience of Jesus by remembering an occasion of taking time-out with a close friend on a "high mountain"? In the healing presence of nature you experienced the nearness of God calming and instilling you with new strength and confidence for the difficult challenges ahead.



v4. "It is wonderful for us to be here; if you wish I will build three tents here,"

Can you enter into the experience of Peter by remembering "a mountain top experience" that you just didn't want to end?



Can you enter into the experience of Jesus by remembering an occasion of taking time-out with a close friend on a “high mountain”?

Responding

Having recognised God’s presence in life, you are invited to **respond** in your own words, in prayer (thanksgiving, repentance and petition).

We thank you, Father, for the “high mountains” where we have been “transfigured” – where our minds and hearts have been refreshed and renewed. There we have found new strength and courage to go back “down the mountain” to face life’s challenges.

Forgive us for the times when we have allowed ourselves to become caught up

in so many things and have missed out on the simple joy and support of being together on the “high mountain”.

Father, help us to journey patiently up the high mountain with one another long enough to experience the hidden beauty and dignity of everyone you have created, and to recognise the sacredness of every human life - “This is my Son, the Beloved.. Listen to him.”

Resting

You are invited to enter deep prayer by simply **resting** your heart in God’s presence (Contemplative moment). The quiet repetition of a word or phrase from the passage might help you on this journey into greater silence and stillness, e.g. “**Beloved**”.

Reflecting

From your journey with this passage, you are now invited to **reflect**, and put into your own words, any new insights or understanding that you have received (Wisdom moment).

From your journey with this passage, what new insight has been given to you into the meaning of the life-giving power of love? “**Love is food for the journey no matter what challenges lie ahead.**”



Children

Reading

Jesus invites his closest friends, Peter, James and John up a high mountain. Up the mountain, the disciples come to realise who Jesus really is. They see Jesus' face shining like the sun and his clothes becoming dazzling white. They hear the voice of God the Father, who confirms that Jesus is His much-loved Son and should be listened to. Jesus' friends are completely amazed by what has happened, and Jesus reassures them not to be afraid.

Recognising

Can you remember a time when your true self and the goodness of God shone through to your friends in a moment of goodness and kindness?

Can you remember a time in your life when you were amazed by a happy moment or stunned by a sad moment, and a 'Jesus person' reassured you not to be afraid?

Responding

Father, I thank you for the gift of my true friends who love me as I am and who bring

out the best in me. I thank you for the gift of Jesus who is a friend on whom I can always count.

Father, I am sorry for the times that my words and actions did not reflect your goodness, and for the times that I have missed the opportunity to develop my friendship with You through Jesus.

Father, I ask that I come to know more and more who Jesus really is. I ask for the grace to be a good friend, bringing light, life and reassurance to every person that I meet, especially the people I find it difficult to get along with.

Resting

Rest in the dazzling presence of the Father by repeating "BE NOT AFRAID" for as long as it is possible. May you be filled with light and life as you are drawn deeper into the loving presence of the Father.

Reflecting

When you bring light, life and reassurance to others, you are showing your truest self.

Lenten Lectio Series - Lectio Booklet-Journeying with the Gospels of Lent- Year A (Now available). Meditate on the Way- Living the Word Podcast accompanies the series (Available on all podcast platforms). Further resources: lectio.newrydominican.com

A simple summary of Lectio steps can be found in the porch of the church.