

**GOSPEL***Matthew 17:1-9*

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud 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 him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As 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.'

**A REFLECTION BY POPE FRANCIS***16 March 2014*

Today the Gospel presents the Transfiguration. It is the second stage of the Lenten journey. The mountain in the Bible represents a place close to God and an intimate encounter with Him, a place of prayer where one stands in the presence of the Lord. There up on the mount, Jesus is revealed to the three disciples as transfigured, luminescent and most beautiful. Suddenly from on high the voice of the Father resounds proclaiming Jesus to be his most beloved Son, saying "listen to him". This word is important! Our Father said this to these Apostles, and says it to us as well: "listen to Jesus, because he is my beloved Son". This week let us keep this word in our minds and in our hearts: "listen to Jesus!"

This invitation from the Father is very important. We, the disciples of Jesus, are called to be people who listen to his voice and take his words seriously. To listen to Jesus, we must be close to him, to follow him, like the crowd in the Gospel who chase him

through the streets of Palestine. Jesus did not have a teaching post or a fixed pulpit, he was an itinerant teacher, who proposed his teachings, teachings given to him by the Father, along the streets, covering distances that were not always predictable or easy. Follow Jesus in order to listen to him. But also let us listen to Jesus in his written Word, in the Gospel. I pose a question to you: do you read a passage of the Gospel every day? Yes, no!. It is important! It is so good; it is a good thing to have a small book of the Gospel, a little one, and to carry in our pocket or in our purse and read a little passage in whatever moment presents itself during the day. In any given moment of the day I take the Gospel from my pocket and I read something, a short passage. Jesus is there and he speaks to us in the Gospel! Ponder this.

From the event of the Transfiguration I would like to take two significant elements that can be summed up in two words: ascent and descent. We all need to go apart, to ascend the mountain in a space of silence, to find ourselves and better perceive the voice of the Lord. This we do in prayer. But we cannot stay there! Encounter with God in prayer inspires us anew to "descend the mountain" and return to the plain where we meet many brothers weighed down by fatigue, sickness, injustice, ignorance, poverty both material and spiritual. To these brothers in difficulty, we are called to bear the fruit of that experience with God, by sharing the grace we have received. And this is curious. When we hear the Word of Jesus, when we listen to the Word of Jesus and carry it in our heart, this Word grows. Do you know how it grows? By giving it to the other! The Word of Christ grows in us when we proclaim it, when we give it to others! And this is what Christian life is. It is a mission for the whole Church, for all the baptized, for us all: listen to Jesus and offer him to others. Do not forget: this week listen to Jesus! And think about the matter of the Gospel: will you? Will you do this? Then next Sunday you tell me if you have done this: that you have a little book of the Gospel in your pocket or in your purse to read in little stages throughout the day.

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## REFLECTION QUESTIONS

What stood out to you from the Gospel or Reflection/  
Homily?



**Head:** What are the various ways and sources through which you listen to Jesus?



**Heart:** Describe an encounter you have had with Jesus, how did you feel and how has it impacted your life?



**Hands:** Pope Francis asks us to read the bible each day. What is one way you can commit to listening to Jesus more closely over this season of Lent?

## PRAYER

Spend some time in prayer with one another:

1. Conscious of what has just been shared, members briefly name/ describe their prayer needs.
2. Intentionally call on the Holy Spirit to be present (e.g. "Come Holy Spirit, please be present as we pray")
3. Offer prayers of thanks and praise to God.
4. Pray for each others' prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
5. Conclude your prayer time with another prayer of praise, perhaps praying the 'Glory Be'.