

The Word of God comes to us to awaken our hearts. We begin by praying: God our Father, source of all light, you have sent your Son into the world, to reveal yourself to all your children. Send your Spirit upon us now, that we may meet Jesus in the Word that comes from you. May we come to know him, may we come to love him more deeply and so be drawn closer to the happiness of your Kingdom. Amen.

Matthew 17:1-8

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my Son, the Beloved; with him I am well pleased; listen to him!' When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, 'Get up and do not be afraid.' And when they looked up, they saw no one except Jesus himself alone.

Hearing ~ Speak Lord, your servants are listening! You have the words of eternal life!

1. Read this story a first time. What words or images resonate with you?
2. Reading the text a second time, we listen out for what is being said and who is saying it.
3. As we read the text a third time, we notice what the disciples are seeing and feeling.



HAPPENING ~ Speak Lord, your servants are listening! In the Light of the Word we look at our lives

1. *"It is good that we are here ..."* Who helps you notice the good things that are happening around you?
2. *"Let me make three tents ..."* When have we wanted to stay longer, to savour an experience?
3. *"they were coming down from the mountain..."*
When have you returned to day-to-day life after a special experience?
What challenges did you face?
4. *"Arise, and do not be afraid..."* When have we found the strength and courage to get up after a fall? Who helped us find this strength, courage and hope?

