

“The Transfiguration of Jesus on Mount Tabor”...

FROM THE GOSPEL ACCORDING TO - *MATTHEW* -:

“Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light.”
(Matt 17:1-2)¹

MEDITATION ON THE MYSTERY:

When a soul decides to truly live on the High Mountain of Christ (that is, in the full imitation of Jesus), his good works *can no longer remain hidden* (cf. Matt 5:14); for it is automatic that they, in their celestial difference, are already *light* for the intellect of the world. (cf. SLC, p. 130G)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to ascending the High Mountain of Christ, St. Anthony of Padua quotes St. Gregory the Great: *“He who is engaged in heavenly preaching...will more easily draw those entrusted to him to better things, the more his good life proclaims heavenly things.”*

(ST. ANTHONY OF PADUA *Sermons*, Sunday IV of Advent, n. 1, translated by Paul Spilsbury,
<https://d2y1pz2y630308.cloudfront.net/15471/documents/2016/10/St.%20Anthony%20of%20Padua-The%20Sermons%20of%20Saint%20Anthony.pdf> [accessed 5 August 2021])

¹ NABRE (USCCB)

FREE AND PERSONAL MEDITATION

(for a personal contribution to give to those who listen) :

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Then follows ...

1 Our Father ...

5 Hail Mary ...

1 Glory be to the Father ... (Sung)

- Praised be,,,

- O my Jesus, forgive us...

- Mary, Queen of Peace ...

- Then, a quick song relevant to the mystery / or one sings : “ Aveeeee, Aveeeee, Ave Maria”

Then one goes on to the next Mystery which (like this one) if possible must not take more than 5-7 minutes ...