

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

FROM THE GOSPEL ACCORDING TO - LUKE -:

“[Jesus] took Peter, John, and James and went up the mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white....Then from the cloud came a voice that said, ‘This is my chosen Son; listen to him.’” (Luke 9:28-29, 35)¹

MEDITATION ON THE MYSTERY:

Lord, give also to us the grace to be able to reach this high level of prayer and of life, so that we can shine with immortal light. (cf. SLC, pp. 447, 130H)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to prayer being the light of the spirit, St. John Chrysostom says: *“Prayer is the light of the spirit, true knowledge of God, mediating between God and man.”*
(JOHN CHRYSOSTOM, in *Off. of Read.*, Friday after Ash Wednesday)

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 ...