

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

FROM THE GOSPEL ACCORDING TO - **MARK** -:

“After six days Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white... Then Peter said to Jesus in reply, ‘Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah.’” (Mark 9:2-3, 5)¹

MEDITATION ON THE MYSTERY:

Lord, give us the great grace to give such a lofty and luminous example with our lives, so that we can hold on high your Word of Life, as the Apostle explains when he says, *“be blameless and innocent, children of God without blemish in the midst of a crooked and perverse generation, among whom you shine like lights in the world, as you hold on to the word of life”* (Phil 2:15-16). (cf. SLC, p. 449)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to going up and then down the mountain, St. John Paul II says: *“the Transfiguration is not only the revelation of Christ’s glory but also a preparation for facing Christ’s Cross. It involves both ‘going up the mountain’ and ‘coming down the mountain.’ The disciples who have enjoyed this intimacy with the Master...are immediately brought back to daily reality...”*

(JOHN PAUL II, Post-Synodal Apostolic Exhortation *Vita Consecrata*, 25 March 1996, n. 14)

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 ...