

“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:

How can we, too, shine with an immortal light? In the Old Testament, Moses removed the veil from his face to speak with the Lord, and afterwards the Israelites saw that the skin of his face was radiant (cf. Ex:34:34ff). In a simple way, this can help us understand that we should not be too veiled in our way of speaking. Instead, we should be transparent: transparency makes us shine!

(cf. F-PFSGM, Catechesis, *The Transfiguration of Jesus*, 07 November 2015, 0:31:24-0:34:15)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to being transparent, especially in confession and with the spiritual guide that God has indicated to us, St. Francis de Sales says, *“Insincerity and subtlety in our confessions and spiritual talks with our director lead to spiritual boredom and the absence of sensible consolations. As you lie to the Holy Spirit, it is not surprising that he denies you his consolation. If you are not simple and sincere like a little child, you will not receive the sweets of little children.”*

(ST. FRANCIS DE SALES, *Introduction to the Devout Life*, IV.14, translated and edited by Anthony Mookenthottam et al., Second Revised Edition, SFS Publications, Bangalore 1995, online edition)

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 ...