

“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....” (Matt 17:1-2)¹

MEDITATION ON THE MYSTERY:

Lord, give us the grace to be able to reach that high level of prayer and of life which is luminously represented on Mt. Tabor, so that we too, from down here, may hear in some way: *“this is my beloved Son, with whom I am well pleased; listen to him”* (Matt 17:5b).¹ (cf. SLC, p. 447)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to transfiguration, St. Anthony of Padua says: *If these three things come to pass in you, namely: the ascent of the mountain, the transfiguration, and the appearance of Moses and Elijah, then the fourth will follow: ...the sweet voice of God the Father, saying: ‘This is my most dear Son, hear him.’”*

(ANTHONY OF PADUA, *Sermons*, II Sunday of Lent, nn. 13-14, 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 ...