

“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.” (Luke 9:28-29)¹

MEDITATION ON THE MYSTERY:

Lord, give us the great grace of a high, luminous, and exemplary life: following (in some way) the example of Moses, who started from the Nile River and ended up on Mount Horeb – where, on the heights of true adoration, barefoot (that is, free from the things of the world), he saw Your divine fire which blazes among thorns! (cf. SLC, p. 448)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- In regards to the way that we, too, can be transfigured, St. Anthony of Padua says: *“Faith shines through works...Only in this way will our face shine like the sun.”*

(ANTHONY OF PADUA, *Sermons*, II Sunday of Lent, n.10)

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 ...