

“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 also the grace to be able to reach that very high level of prayer and of life, so that we may shine with immortal light. (cf. *SLC*, p. 447)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

- Regarding transfiguration, Pope Benedict XVI says: “*Luke is the only one to indicate beforehand the aim of the ascent: ‘He went up the mountain to pray’...the Transfiguration is an event of prayer.*”
(BENEDETTO XVI, *Gesù di Nazaret*, LEV, Città del Vaticano 2011, p. 357 [unpublished translation by pfsgm])

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 ...