A SYSTEMATIC CARD for the METHOD of PRAYER-ADP-VV (Compiled by the Little Friars and Nuns of Jesus and Mary)

(**I 9** – Sr. V.M.D.)

"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... Then Elijah appeared to them along with Moses, and they were conversing with Jesus." (Mark 9:2-4)¹

MEDITATION ON THE MYSTERY:

Why was it *Moses* and *Elijah*, in particular, who appeared with Jesus? And how can we imitate Jesus in this scene? – if not by speaking from the summit of the mountain (which one climbs by putting Biblical passage after Biblical passage into practice), with the *Word of God* on one hand and the certain *prophecy of the Magisterium of the Catholic Church* on the other?

(cf. F-PFSGM, *Catechesis*, The Transfiguration of Jesus, 7 November 2015)

FROM THE TEACHINGS OF THE CATHOLIC CHURCH:

In regards to giving light to souls by speaking with the Word of God and the Teachings of the Church, St. John Paul II explains: "In addition to the book which contains the Acts of the [Second Vatican] Council, there is now also the new Code of Canon Law... but before these two books we must place, as the pinnacle of transcendent importance, the eternal Book of the Word of God, whose center and heart is the Gospel... We can imagine a triangle: on high, there is the Sacred Scripture; on one side, the Acts of the Second Vatican Council; and on the other, the new Code of Canon Law."

(JOHN PAUL II, Speech, 3 February 1983, n. 9, translated by pfsgm)

¹NABRE (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 ...