

1. Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.
2. Read the passage again and spend time noticing what you don't readily understand. The notes in your Bible may be of help at this point.
3. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
4. Over the next week, set aside times to come back more than once to the passage. You could read it all or part of it again, slowly. Perhaps there is a special word for you in this passage of Scripture? Keep this word or phrase in your thoughts and gently repeat it, bringing it to mind and allowing God to speak to you in your heart.
5. Finally, come back to the text to conclude: What is God in this scripture asking of you this week? What is the one challenge, one little change you are asked to make or the thing you have been asked to do? Then say a prayer of thanksgiving for the good news in the passage. End in quiet prayer.

Gospel reading: Luke 9:28-36



Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah*, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah" ?" not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice had spoken, Jesus was found alone. And they kept silent and in those days told nobody any of the things they had seen. **Two key Old Testament figures, Moses the Law-giver and Elijah the Prophet.*

Today's reading offers three significant messages:

- The presence of Moses and Elijah is a sign that Jesus will fulfil the expectations of the Hebrew people.
- The revelation of the glory of God climaxes with a voice from the clouds as in Jesus' baptism. He is God's Son and we need to listen to him.
- The goal of the Christian is not just to know "about" God, but to know God through direct experience.

For shared or personal reflection:

Imagine you were one of the disciples that witnessed this event. How might you have felt? What character do you most identify with? Why? How would you have responded? What would you have learnt? What has Jesus been chosen for? In what ways can we "listen to him" as God told the disciples to do? What is your experience of prayer? Do you find it as easy to listen to God as to talk to him?

1. As he prayed, Jesus was transformed and appeared in his glory. Reflect on the fact that the Gospels mention how often Jesus prayed. What does that say about my own prayer life?
2. Do I expect only moments of glory from God? Do I remain faithful when things are not going my way?
3. Am I willing to walk with others in their moments of suffering?
4. "It is good that we are here ..." Who helps you notice the good things that are happening around you?
5. "Let me make three dwellings ..." When have we wanted to stay longer, to savour an experience?
6. "As they were coming down from the mountain..." When have you returned to day-to-day life after a special experience? What challenges did you face? What challenge does the reading put before me?

Prayer

Lord Jesus, we thank for Your Word that allows us to understand better the will of the Father. May Your Spirit enlighten our actions and grant us the strength to practice with compassion all that Your Word has revealed to us. May I, like Mary, your mother, not only listen to but also be a witness to the Word. Amen