



## Praying the Scripture - a few simple steps at home

### Sunday 8<sup>th</sup> March 2020

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 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.



### **THIS SUNDAY'S GOSPEL – Matt 17:1-9**      **‘The Transfiguration’**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, “Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.” While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, “This is my Son, the Beloved; with him I am well pleased; listen to him!” When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, “Get up and do not be afraid.” And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, “Tell no one about the vision until after the Son of Man has been raised from the dead”

### **A Short Thought**

Every so often, we catch a glimpse of the “something more” that God has in store for us. These fleeting experiences are to be treasured: the birth of my first child, falling in love, a sense of “being held” by God’s presence. Such experiences may help us approach the Transfiguration. Like all transcendent experiences, it is fleeting and yet it etches a memory and leaves a longing. What should we do? Practice listening to him. Be not afraid. We cannot always be “on the mountain” and yet what happens on the heights can help us on the lowlands of the everyday.

### **SOME POINTERS FOR PRAYER**

- Jesus says, “Do not be afraid” numerous times in the Gospel. Our encounter with Jesus dispels fear. Are there fears in your own life, worries? Can you allow Jesus to dispel that fear?
- The encounter was a journey that involved the climbing and descending of a mountain, a moment of fear, awe, anxiety; a touch and comfort from a loved one and a mission – Who has comforted you in moments of uncertainty and anxiety on your journey? Bring them to mind. As you look back can you recognise the loving presence of Jesus who was close to you, dispelling fear, even when you felt far from him? Give thanks.
- “Let me make three tents ...” When have we wanted to stay longer, to savour an experience?
- God wants to share his glory with us! We get a glimpse of this in today’s gospel. God is constantly reaching out, giving us many glimpses love at work throughout our lives, our relationships... throughout our day!

### **Prayer**

Loving God, listening sounds so easy and yet is such hard work! Guide me as I listen to your Son, whose word is alive, who is himself the way, the truth and the life. Let me be open to, glimpse and grasp the moments of wonder that that you offer me each day. Re-ignite in me a true sense of awe and wonder. Amen.