

REPENT

Meditations for the
Season of Lent

AND BELIEVE

He Was Transformed Before Them

Mark 9:2-10

Jesus took Peter, James, and John with him up the mountain where he was transfigured before them. When the experience was over, Jesus told them not to say anything about what they saw until the Son of Man had risen from the dead. So they kept silent, but the three of them couldn't help but talk to themselves about what rising from the dead could mean.



As Catholics in a modern world, we can still empathize with the disciples' confusion. Like them, we don't have any scientific understanding of what occurred to Jesus and we discuss what resurrection will really mean for us.

The Transfiguration is a powerful reminder that death is not the end of life. If death meant complete annihilation, then Elijah and Moses would not have appeared with Jesus. In this way, the Transfiguration foreshadows the Resurrection. Although the apostles didn't understand what was happening at the time, later, when the Son of Man had risen from the dead, they were able to understand what the Transfiguration meant.

During this second week of Lent, we are asked to think about how we can be transformed through the power of the risen Lord, and we are reminded that one day, we, too, will be resurrected.

POINTS TO PONDER

- What would I like transformed in my life by Easter?
- As I look over my life, what are some areas where God has already transformed me? Give thanks for those transformations and for those yet to come.
- What is one sacrificial action I can perform this week?

CATHOLIC INSIGHTS

The Last Four Things

St. Alphonsus Liguori recommended that we contemplate the “last four things” especially during Lent. These are: death, judgment, heaven, and hell. While talking about these with children can be difficult, parents can use the season of Lent as a way to gently introduce the topics. One aspect to emphasize is that heaven, as Pope St. John Paul II said, is not “an abstraction



nor a physical place in the clouds, but a living, personal relationship with the Holy Trinity.” Heaven, then, is living an eternity in the presence of and in relationship with our loving God. Likewise, the Church teaches that hell is not so much a physical place, but the choice to turn away from God and the deep pain of separation from our Lord (see *Catechism of the Catholic Church*, 1033).

Catechism CONNECTION

“Christ’s Passion is the will of the Father: the Son acts as God’s servant; the cloud indicates the presence of the Holy Spirit. The whole Trinity appeared: the Father in the voice; the Son in the man; the Spirit in the shining cloud.”

— *Catechism of the Catholic Church*, 555

LENT PRAYER

*Unto to you,
I cry, my God!*

“Behold, I tell you a mystery. We shall not all fall asleep, but we will all be changed, in an instant, in the blink of an eye, at the last trumpet. For the trumpet will sound, the dead will be raised incorruptible, and we shall be changed.”

— 1 Corinthians 15:51–52

Dear God, I don't know what lies ahead for me, but I trust that your love will be with me now and until the end of time.

SIGNS OF THE SEASON Mount of Transfiguration

The traditional location for the Mount of Transfiguration is Mount Tabor, about 11 miles west of the Sea of Galilee. Mount Tabor rises about 1,800 feet above the level plain below. It was identified as the site of the Transfiguration as early as the third century by the theologian Origen. The Church of the Transfiguration, a Franciscan church built on the ruins of a centuries-old Byzantine church, now stands at the summit of Mount Tabor.

“Once again Lent comes to make its prophetic appeal, to remind us that it is possible to create something new within ourselves and around us.”

— Pope Francis



FamilyActivity

Stations of the Cross

Did you know you can create your own Stations of the Cross? While many Stations in churches are elaborate and ornate, all that is required is to have 14 crosses, preferably wooden, located so that you can take a step or two between each one. As a family activity, create 14 crosses from small twigs or branches and place them in a line in your backyard or living room. Walk together as a family, remembering the events of the Passion. At each cross, bow or kneel and say, “Because, by your Holy Cross, you have redeemed the world.”

