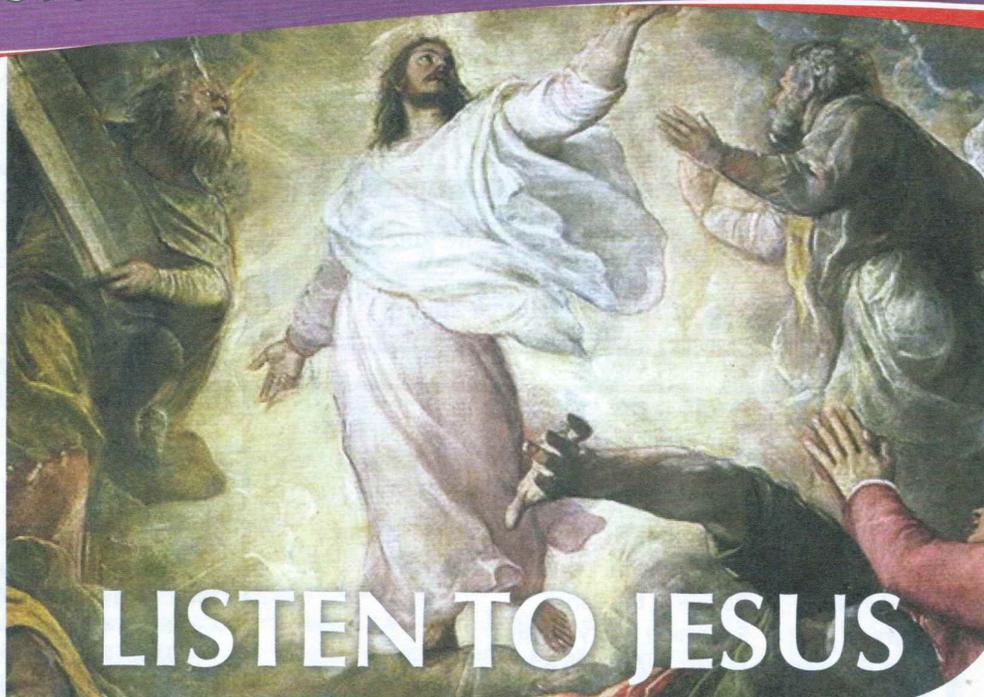




**T**he Transfiguration of Jesus occurred around the same time as the feast of Sukkoth. This feast commemorated the forty years the Jews spent in the wilderness when they lived in tents. During Sukkoth, in our Lord's time, Jews built and dwelt in temporary shelters when huge lamps were used to give light. So, it was not very surprising that Peter suggested building three shelters for Jesus, Moses and Elijah.

Whereas God the Father spoke personally to Jesus at his Baptism, he spoke publicly to the disciples at the Transfiguration. He said, 'This is my Son, whom I love; with him I am well pleased. Listen to him!' (Mt 17:5). It is probably true to say that the words, 'listen to him' are the only ones that the Father ever addressed directly to humankind. That being so, surely, they are of utmost importance.

Like Jesus, we Christians need to pray fervently not only by expressing to God all that is in our hearts, but also by listening to what Jesus would want to say to us on his Father's behalf. Frequently, people say, 'yes, I can pour out what is in my heart to God, but how does God communicate with me?' He can do so in a number of ways. Firstly, and most importantly, he speaks



## LISTEN TO JESUS

to us in and through the Scriptures. As the Dogmatic Constitution on Divine Revelation says, 'Prayer should accompany the reading of Sacred Scripture, so that God and human beings may talk together; for we speak to him when we pray; we hear him when we read the divine sayings.' Secondly, the Lord can speak to us in and through the voice of conscience. Thirdly, God can speak to us by means of inner inspirations and promptings. Fourthly, God can speak to us in and through the words and actions of others. If Christians fail to listen to Jesus their evangelisation will be ineffective. As St Augustine said, 'He is undoubtedly barren who speaks outwardly the word of God without hearing it inwardly.'

The preface of the Transfiguration says of Jesus,

"He revealed his glory in the presence of chosen witnesses and filled with the greatest splendour that bodily form which he shares with all humanity, that the scandal of the Cross might be removed from the hearts of his disciples and that he might show how in the body of the whole Church is to be fulfilled what so wonderfully shone forth first in its Head."

— Pat Collins

*As the priest breaks the consecrated Host the following is sung or said:*

**Lamb of God, you take away the sins ...**

Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.

**Lord, I am not worthy  
that you should enter under my roof,  
but only say the word  
and my soul shall be healed.**

**Communion Antiphon** (Mt 17:5)

**This is my beloved Son, with whom I am well pleased; listen to him.**

**Prayer after Communion**

As we receive these glorious mysteries, we make thanksgiving to you, O Lord, for allowing us while still on earth to be partakers even now of the things of heaven.

Through Christ our Lord.

**Amen.**

### Reflection

Place yourself on the mountain and feel what takes place there.

### Lesson

Jesus comes to his frightened disciples and touches them. The touch of Jesus always encourages, gives life and heals.

### Prayer

Glory to you, O Lord Jesus, in the splendour of your Transfiguration.