

Here's a text if you've only a minute ...

The Lord is my light and my help. *Psalm Response*

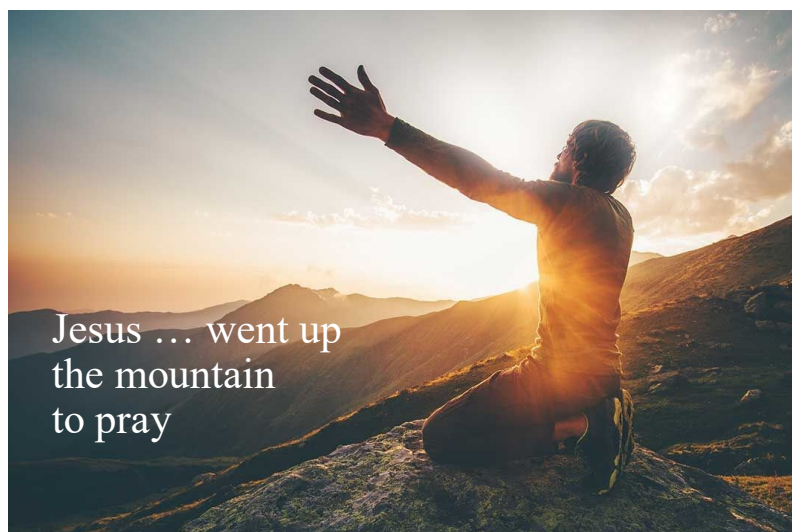
Hope in him, hold firm and take heart. Hope in the Lord! *Psalm*

'This is my Son, the Chosen One. Listen to him.' *Gospel*

Father of light,
in you is found no shadow of change
but only the fullness of life and limitless truth.
Open our hearts to the voice of your Word
and free us from the original darkness that shadows our vision.
Restore our sight
that we may look upon your Son
who calls us to repentance and a change of heart.
Old Opening Prayer

This week's readings:

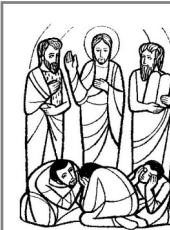
Genesis 15: 5–12,17–18; Psalm 26 (27); Phil. 3: 17–4:1; Luke 9: 28–36



Jesus ... went up
the mountain
to pray

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ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM



Second Sunday of Lent
Year C, 13th March 2022

'This is my Son the Chosen One.
Listen to him!'

'Listen to him ...!' Lent is a season of seeking out and listening to the Lord. Every year on this Second Sunday, we read an account of the Transfiguration: a transforming spiritual encounter linking Jesus to the fulfilment of the Law and the Prophets. Here we see a foretaste of the glory of the Risen Christ: a vision of how our lives are transformed by the presence of Christ within us.

The **First Reading** tells of a meeting between God and Abram. Through Abram's faith, God makes an eternal covenant with the people of Israel.

The **Psalm** is a song of longing and hope in the faith of the Lord: a call to prayer that encourages us to seek God's light, guidance and strength.

In the letter to the Philippians (**Second Reading**), we are entreated to be united in our faith. Christ will transfigure us.

In Luke's **Gospel** account of the Transfiguration, Jesus takes his close companions with him to pray. Here Jesus is placed firmly in the context of the fulfilment of God's Covenant to the people of Israel. There are echoes of the past, and glimpses of Jesus's coming death in the weariness of the disciples praying with him. This short passage has a very clear message for us today: 'Listen!'.

As we enter into prayer this week, let us remember we are never alone as we pray. As companions in Christ, we are part of an eternal community united by the light of Christ within us. Christ is our help and our stronghold: together let us answer the call and *listen to him*.

Opening Prayer

O God, who have commanded us
to listen to your beloved Son,
be pleased, we pray,
to nourish us inwardly by your word,
that, with spiritual sight made pure,
we may rejoice to behold your glory.

Second Reading Philippians 3:17–4:1

Be united in following my rule of life. Take as your models everybody who is already doing this and study them as you used to study us. I have told you often, and I repeat it today with tears, there are many who are behaving as the enemies of the cross of Christ. They are destined to be lost. They make foods into their god and they are proudest of something they ought to think shameful; the things they think important are earthly things.

For us, our homeland is in heaven, and from heaven comes the saviour we are waiting for, the Lord Jesus Christ, and he will transfigure these wretched bodies of ours into copies of his glorious body. He will do that by the same power with which he can subdue the whole universe.

So then, dear friends, do not give way but remain faithful in the Lord. I miss you very much, dear friends; you are my joy and my crown.

I prepare for prayer wherever I may be, by gently encouraging my body and mind to settle. I take a long, slow, steadying breath, allowing my body to gently enter into a prayerful presence.

Slowly I read through the passage as many times as I need.

I imagine the letter is written specifically for me and my faith community.

How does it feel to be addressed as a '*dear friend*', and to receive a message of guidance from one who delights in me so much?

What is the important message that I need to hear?

Perhaps I see signs of unity and disunity amongst my local Christian communities. In what way may I be able to restore or strengthen our bonds of unity?

I reflect on the people I know who are examples to me in my faith life ... what can I learn from them?

How has their faith and presence helped and strengthened me?

Pondering these questions, I turn to the Lord and share with him my concerns, hopes and longings.

I pause ... and I wait ... and I listen ...

I bring my prayer to a close by making a slow, prayerful sign of the cross.

Gospel Luke 9: 28–36

Jesus took with him Peter and John and James and went up a mountain to pray. As he prayed, the aspect of his face was changed and his clothing became brilliant as lightening. Suddenly there were two men there talking to him; they were Moses and Elijah appearing in glory, and they were speaking of his passing which he was to accomplish in Jerusalem.

Peter and his companions were heavy with sleep, but they kept awake and saw his glory and the two men standing with him. As these were leaving him, Peter said to Jesus. 'Master, it is wonderful for us to be here; so let us make three tents, one for you, one for Moses and one for Elijah.' He did not know what he was saying. As he spoke, a cloud came and covered them with shadow; and when they went into the cloud the disciples were afraid. And a voice came from the cloud saying, 'This is my Son, the Chosen One. Listen to him.' And after the voice had spoken, Jesus was found alone. The disciples kept silence and, at that time, told no one what they had seen.

Having taken time to bring myself into the presence of the Lord, I slowly read through the Gospel.

Jesus goes with his companions to a place of wilderness. It may help my prayer to imagine a familiar mountain or wild place where I have been, or where I have felt close to the presence of the Lord.

I envisage the Gospel scene unfolding in that place, imagining that I am one of the companions that Jesus takes with him to pray.

I stay for a while, simply imagining being in the presence of our loving Jesus, sitting in stillness and silence.

Why has he invited me to be with him in this time of prayer?

What does Jesus want me to hear and see?

I imagine the rest of the Gospel scene. What is my reaction to seeing the vision of Jesus suddenly transformed in the presence of Moses and Elijah?

I hear the voice of God inviting me to listen to his Son.

in silence I listen.

Then, when I feel ready, together with Jesus I pray:

Our Father ...