

Praying the Scripture - a few simple steps at home

Sunday 13th March 2022

Start with stillness and quietening down; then gently read the passage, noticing any feelings and connections to your own experience.

1. Read the passage again and spend understand. *The notes in your Bible may be of help at this point.*
2. Read the passage a third time - wondering how you yourself might pray the text over the next few days.
3. 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.
4. 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.

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THIS SUNDAY'S GOSPEL – Luke 9:28-36

The Transfiguration

Now about eight days after these sayings 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 no one any of the things they had seen.



A Short Thought

Our lives are inevitably shaped by our images of God and invariably reflect the God we really believe in and are searching for. When we are being calculating, grasping, fearfully holding on or back, when clenched rather than open fists embody the attitude of our hearts, then regardless of what we profess with our lips, we have not yet come to believe in or understand the God of Jesus Christ. But when trust, mercy, generosity and compassion characterise our daily interactions, then we are most fully human, most truly ourselves, because we resemble as best humans can the God in whose image and likeness we are made. Each day we are given countless opportunities. Do we miss them because that's not the Jesus I am looking for? Do they pass us by because we are too busy building our tents? But if we take a moment, if we truly take a moment to look... we realise that Jesus is transfigured every day at every moment in the world around us. He is transfigured in the guise of the hungry, the poor, the refugee, the oppressed worker, the homeless, the sick, the forgotten, ... in the very beauty and awesomeness that is creation. We might not have access to one great dazzling mountaintop moment where we encounter the transfigured Jesus, but if we have the eyes to see, we encounter the transfigured Jesus every moment of every day. The glimpse of God's glory, God's loving presence is there right before us.

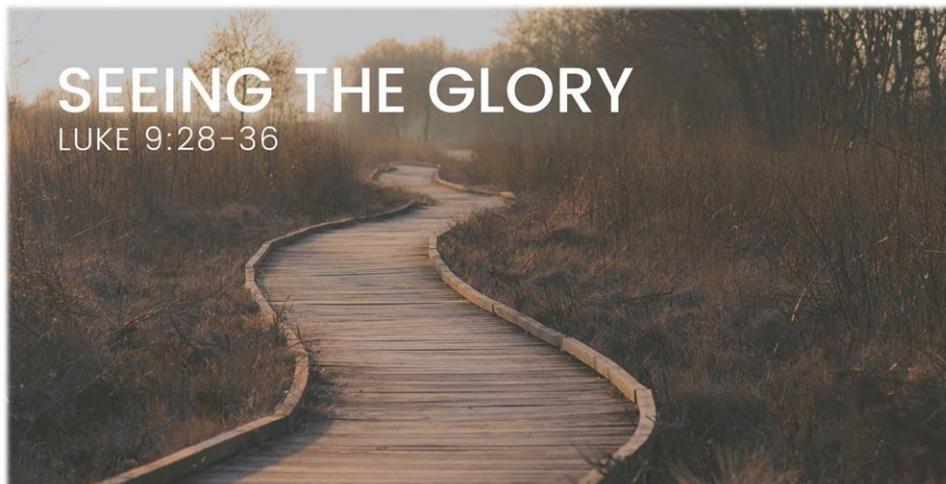
C.S. Lewis referred to this transfiguration of the everyday as being burdened with the weight of the glory of others, in the world around us. If we were attune to it, we would be overwhelmed, he wrote, to see that the world is populated with those whom we might refer to as gods and goddesses if we were to see the full glory of God that is in them and in creation. To carry the burden of upholding the image of God in our neighbour, to see in them the transfigured Jesus, is our daily task of discipleship. It is not as simple, but what a truly transformative task it is!! What does this event say to you and what challenges does it pose?

SOME POINTERS FOR PRAYER

- 'Have you ever asked yourself who the Person of Christ is? Does your vision of the identity of Jesus correspond to that proclaimed in this gospel?
- 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 throughout our lives, throughout our day! Sadly, many can be missed. What have been the experiences, opportunities, the moments of insight that have clarified your understanding & relationship with God?
- On the mountain the three apostles had a favoured glimpse of Jesus' prayer and glory. His prayer here is a conversation with Moses and Elijah. They talked about his passion and death. This is a down-to-earth conversation about the shape of Jesus' life. Is your prayer like that?
- 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? Who has inspired your faith? How? Give thanks for these encounters & these people.

Prayer

Almighty Father, let us always be aware that it is good for us to be here. Open our eyes and hearts to see the signs of your glory in the world around us. May we always witness to and be in awe of the unconditional love you enfold us with. We ask this, as always, through Jesus Christ your son, Amen



Prayer in these uncertain times

We pray for all those in our country and throughout the world suffering from the Corona Virus. May its victims and their families be strengthened by the support of our community of faith and restored soon to full health. We also pray for our leaders and medical personnel who deal with the virus. May we keep calm and may we join together in solidarity with care and compassion to tackle this emergency. This we ask in confidence through Christ Our Lord. Amen