

# The Transfiguration of Christ (Matthew 17:1-9)

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**Guidelines:** Protect confidentiality and follow the leader's prompts.

**Ignatian Meditation Process:** Ignatius chose this Gospel reading for Week 2 of *The Spiritual Exercises*. Read the introduction and then “ask for the grace.” Then quietly read the passage by using your imagination to enter into the story, sensing and feeling what's going on. Don't analyze the passage or seek insights — *experience yourself as a character in the story*. After the second reading have a “colloquy” (short, personal conversation) with the Lord. You can use the prompts and questions at the bottom to guide your prayer time and journaling (and sharing with others).

**Introduction:** Six days after Peter's great confession that Jesus is “the Christ, the Son of the living God” Jesus shows them his glory. Furthermore, Jesus has a mystical conversation with Moses and Elijah in a heavenly cloud. Surely they are discussing Jesus going to the cross soon, as Matthew tells us that after Peter's confession the Lord began explaining his upcoming sufferings to them. Seeing the glory of the Son of God helps us to listen to him carefully and to follow him faithfully, as our Father God asks.

**Ask For the Grace:** Divine Majesty, I ask for the grace I desire: that you move my will to choose what will bring the greatest glory to Christ and will further your salvation for myself and others.

## **Imagine Yourself in the Gospel: Matthew 17 (MSG)**

1-3 Six days later, three of them saw that glory. Jesus took Peter and the brothers, James and John, and led them up a high mountain. His appearance changed from the inside out, right before their eyes. Sunlight poured from his face. His clothes were filled with light. Then they realized that Moses and Elijah were also there in deep conversation with him.

4 Peter broke in, “Master, this is a great moment! What would you think if I built three memorials here on the mountain—one for you, one for Moses, one for Elijah?”

5 While he was going on like this, babbling, a light-radiant cloud enveloped them, and sounding from deep in the cloud a voice: “This is my Son, marked by my love, focus of my delight. Listen to him.”

6-8 When the disciples heard it, they fell flat on their faces, scared to death. But Jesus came over and touched them. “Don't be afraid.” When they opened their eyes and looked around all they saw was Jesus, only Jesus.

9 Coming down the mountain, Jesus swore them to secrecy. “Don't breathe a word of what you've seen. After the Son of Man is raised from the dead, you are free to talk.”

**1st Reading:** Visualize yourself in the Gospel story. Don't seek intellectual insights — stay with the imagery. Use your senses to see, touch, feel, and hear. What part of the story are you drawn to? Which character do you identify with? Or are you a bystander?

**2nd Reading:** Experience the story in the role of the character God led you to. Then talk with the Lord. What do you feel? How does this relate to something in your life today? What is God saying to you?