



## Lectio Divina

### March 1<sup>st</sup> 2026 2<sup>nd</sup> Sunday of Lent – Year A – Matthew 17: 1 - 9

<sup>17-1</sup>After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. <sup>2</sup> There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. <sup>3</sup> Just then there appeared before them Moses and Elijah, talking with Jesus.

<sup>4</sup> Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah.” <sup>5</sup> While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!” <sup>6</sup> When the disciples heard this, they fell facedown to the ground, terrified. <sup>7</sup> But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” <sup>8</sup> When they looked up, they saw no one except Jesus.

<sup>9</sup> As they were coming down the mountain, Jesus instructed them, “Don’t tell anyone what you have seen, until the Son of Man has been raised from the dead.”

<ul style="list-style-type: none"> <li>➤ <b>Read and re-read</b> – out loud and slowly the Gospel.</li> <li>➤ <b>Meditate</b> - on reading as being spoken to you, an experience in your life.</li> </ul>	<ul style="list-style-type: none"> <li>➤ <b>Pray</b> - Thanksgiving – Repentance – Petition.</li> <li>➤ <b>Action</b> – Attitude (Call to change / to act /to do).</li> </ul>
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In this week’s gospel we see Jesus appearing in glory to the apostles. He took Peter, James and John up a high mountain before He was transfigured in their presence. This is a symbol of the painful journey the apostles must make with Jesus. On their journey with Jesus they get covered by a cloud and yet it is from within the cloud that they experience a renewed commitment to Him.

When are the times in our lives that a dark cloud has covered us in shadows and we found it hard to keep our commitments? Who were the Jesus people who brought us back into the light?

When did we help someone to a new life experience by being there for them as Jesus was for the apostles?

#### Prayer:

**Thank You Lord** for the people who have walked with us and helped us to come out of the darkness of our lives. They helped us to realise that as long as we have a relationship with you we will be able to come out from behind these dark clouds.

**Forgive us Lord** for when we are afraid to get close to people and travel with them in their hour of darkness helping them to realise that they are your sons and daughters and your favour rests with them.

**Help us Lord** when people fall on their faces before you, overcome with fear to reach out and touch them and say as you did "Do not be afraid". .

