

## Lectio Divina

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| ➤ Read and re-read, out loud and slowly the Gospel                       | ➤ Pray - Thanksgiving - Repentance - Petition         |
| ➤ Meditate on reading as being spoken to you, an experience in your life | ➤ Action - Attitude (Call to change / to act / to do) |
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### August 6th 2017 Sunday Feast of The Transfiguration of the Lord - Year A - Matthew 17:1 - 9

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. Lord forgive us 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".

