

Mindful Colouring

The Transfiguration

As we light this candle
And ring the bell
We pray that God is with us this day.

Close your eyes
Place your hand on your belly. Notice your breathe as your belly moves.
Breathe in through your nose and out
Through your mouth.
Breathe in and breathe and out
Repeat for 1 minutes.

Invite participants to begin colouring



Song - Haven't Seen It Yet - Danny Gokey
https://youtu.be/XE2NAzqSDPQ?si=hjz-dJ7m_qBWBlp

Song - Phil Wickham - Living Hope
<https://www.youtube.com/watch?v=m-pUouyzzwqg>

Song - Gun Jeremy Camp - Walk By Faith
<https://www.youtube.com/watch?v=BgWOcYpHm0o>

Song - God of wonders By Chris Tomlin
<https://www.youtube.com/watch?v=2sexkUPiCk4>

Scripture - Mark 9:2-10

Jesus took Peter, James, and John and led them up a high mountain apart by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no fuller on earth could bleach them. Then Elijah appeared to them along with Moses, and they were conversing with Jesus. Then Peter said to Jesus in reply, "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." He hardly knew what to say, they were so terrified. Then a cloud came, casting a shadow over them; from the cloud came a voice, "This is my beloved Son. Listen to him." Suddenly, looking around, they no longer saw anyone but Jesus alone with them. As they were coming down from the mountain, he charged them not to relate what they had seen to anyone, except when the Son of Man had risen from the dead. So they kept the matter to themselves, questioning what rising from the dead meant.

Scripture Reflection

Have you ever been camping? In Australia, many people enjoy camping. It requires time to prepare, to travel, and to set up tents. In today's Gospel, Jesus invites some of his followers to embark on such a journey. But as they ascend the mountain, something unusual occurs. We receive a fuller glimpse of who Jesus truly is, akin to a flashlight piercing through the darkness of a campsite. They hear a voice. What's also unusual is that the disciples keep the matter to themselves, not telling anyone. Thus, it is likely many years before the story is shared. They have time to reflect and ponder on this experience. Consequently, the story we receive is written down long after the event. We only get a snapshot, not the full narrative. This is similar to our relationship with God. At different moments in our lives, we catch glimpses or snapshots of God, like lightning that flashes one moment and vanishes the next. Do we recognize the lightning when it strikes? Do we pause and contemplate the events in our lives that reveal to us who God is?

Silent Reflection

Silently reflect on the today's scripture passage and its meaning for us today. Reflect on the questions for reflection.

Discussion

1. What is it like to prepare and set up when you go camping?
2. How does this relate to our preparation and encounter with God?
3. In the reflection, Jesus' transfiguration is likened to a flashlight in the darkness. What do you think this metaphor is trying to convey?
4. Why do you think the disciples chose to keep their experience of the transfiguration to themselves, and what might be the significance of their silence?
5. The reflection suggests that the gospel story was written down many years after the events took place. How do you think this time gap might affect the way we understand and interpret these events?
6. Reflect on a moment in your life that felt like a "flash of lightning," giving you a glimpse of God. How did that moment impact your faith or your understanding of God?

Prayers of the faithful

1. Heavenly Father, just as Your Spirit led Jesus into the desert for a time of preparation and testing, we seek Your guidance in our own lives. Lead us through our spiritual wilderness, and help us to discern Your will in the face of challenges and decisions. May we be open to Your direction at every turn, trusting in Your wisdom to guide our paths. Lord hear us.

ALL - Lord hear our prayer.

2. Lord God, in moments of temptation and trial, remind us of Jesus' steadfastness in the desert. Grant us the strength to resist the enticements of the evil one and to cling to Your word for comfort and defense. May Your presence be a shield around us, keeping us faithful in all circumstances. Lord hear us.

ALL - Lord hear our prayer.

3. Almighty God, just as You provided for Jesus among the wild beasts and ministered to Him through angels, we pray for Your protection and provision in our lives. In the face of danger and need, be our refuge and sustenance. Send Your angels to guard us in all our ways, and deliver us from harm. Lord hear us.

ALL - Lord hear our prayer.

4. Gracious God, as the arrest of John the Baptist marked a new chapter in Jesus' ministry, help us to be faithful during times of change and transition. When one door closes and another opens, give us the courage to step forward in faith, trusting in Your plan for our lives. Guide us to be bearers of Your good news in every season. **ALL** - Lord hear our prayer.

5. Merciful Father, we hear Jesus' call to repent and believe in the gospel. Stir our hearts to turn away from sin and toward Your loving embrace. Help us to believe in the good news of Your kingdom with all our hearts, and to live out this faith in action and truth. May our lives reflect the transformative power of Your grace. Lord hear us. **ALL** - Lord hear our prayer.

5. Are there any other prayer?

Closing prayer

Heavenly Father, Creator of all that is seen and unseen,

As we gather in the quiet of this moment, we reflect on the journey of life, with its many paths and campsites. Just as the disciples once journeyed to the mountain with Jesus, we embark on our own expeditions through the peaks and valleys of our faith.

In the stillness of our hearts, we thank You for the glimpses of Your presence, like the unexpected flashes of light in a night-time campsite, brief yet illuminating. Help us to recognize these divine moments, as fleeting as they may be, and to hold them dear as treasures of our faith.

Grant us the grace to be patient, knowing that, like the disciples, our understanding of Your works may unfold slowly over time. May we keep the sacred mysteries we encounter tucked within our souls, allowing them to mature and deepen our relationship with You.

As we leave this prayerful moment, remind us to ponder the lightning strikes of Your love in our lives, to share our stories of faith when the time is right, and to always seek Your light in the darkness.

In the name of Jesus, who reveals Your glory and guides us on this journey, we pray.

Amen.

In Jesus' name, we pray,

Amen.