

It is about 10 days since we began our Lenten journey. Are we all still on track, marching forward enthusiastically armed with the weapons of personal sacrifice and penance? Or do you notice cracks in your resolutions? How can we make our Lenten journey a transfiguration experience?

The Transfiguration of our Lord was not merely an experience for the three apostles, Peter, James and John but a defining moment for Jesus as well. He needed that reassurance which had once come before the start of his public ministry, namely, at his Baptism. Now, before he enters into Jerusalem to go through his Passion and death God reassures him, **YOU ARE MY BELOVED SON.**

Jesus and his disciples go through this special spiritual experience in the context of PRAYER.

Today's First Reading tells us that "The Lord God took Abram outside..." and had a conversation with him, That's prayer. The Psalm gives us an example of King David's prayer in the face of danger, "Your presence, O Lord, I seek. Hide not your face from me..." -Saint Paul, in the Second Reading, reminds the Christians in Philippi that while most people occupy their minds "with earthly things... Our citizenship is in Heaven." Our attention is on God — that's prayer.

Finally, in the Gospel, Jesus leads his three closest disciples away from the hustle and bustle of life, up to the top of a high mountain, where he can be alone with them, and gives them a lesson on prayer.

When we need reassurance — in pain, in suffering, in misunderstandings, in sickness, in confusion, in depression go to God in prayer. He will strengthen you to walk to your Jerusalem. He will help you understand the significance of what you are going through right now. During Lent, we are invited to consider our attentiveness to Jesus and to one another.

In our daily life, how well do we listen to God and to one another? What opportunities do we have for quiet prayer?