

## Here's a text if you've only a minute ...

It is your face, O Lord, that I seek. *Entrance Antiphon*

All the tribes of the earth shall bless themselves by you. *First Reading*

The Lord is our help and our shield. *Psalm*

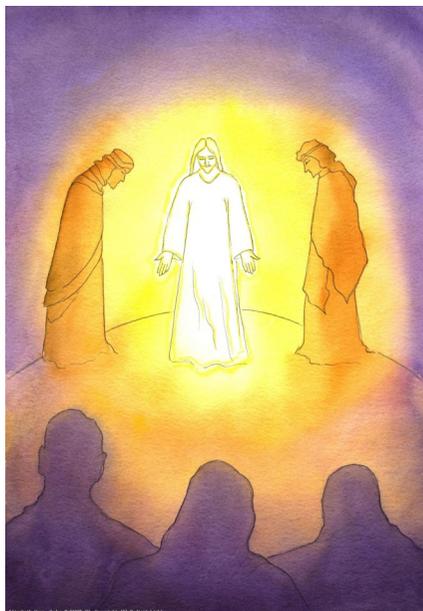
This is my Son, the Beloved ... listen to Him. *Gospel*

'Stand up, do not be afraid.' *Gospel*

God our Father, help us to hear your Son.  
Enlighten us with your word,  
that we may find the way to your glory.  
*Old Opening Prayer*

This week's texts if you want to reflect further:  
Genesis 12: 1-4; Psalm 32 (33); 2 Timothy 1: 8-10, Matthew 17: 1-9

Elizabeth Wang, Transfiguration (radiant Light.org.uk)



'It is  
wonderful  
for us  
to be here!'

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**ST BEUNO'S OUTREACH IN THE DIOCESE OF WREXHAM**



Second Sunday in Lent  
Year A  
8th March 2020

'Stand up, do not be afraid!'

Traditionally, on the second Sunday of Lent, we read and pray with the Transfiguration of Jesus: the event that Matthew, Mark and Luke tell us took place up a high mountain. It is an episode that gives us a glimpse of both Jesus's humanity and his divinity. Here Jesus is also able to reassure his friends – and us – that there is no need to be afraid, even as we witness such extraordinary events.

### **(Gospel)**

Before the Gospel, we hear of the Lord speaking to Abram, telling him to leave everything he knows with the promise of great blessings. **(First Reading)**

The **Psalm** reflects on the faithfulness of God's word. He will be our help and shield if, like Abram, we place our hope in him.

Both Abram's call and the disciples' witnessing of the Transfiguration do not occur as a reward, but by 'God's own purpose and grace' **(Second Reading)**. Paul encourages Timothy to accept the hardships he encounters and rely on the power of God, strengthened by the grace of the appearing of Jesus Christ.

This week, then, as we continue on our Lenten journey, we might want to focus our prayer on all those who are afraid, asking that they place their hope in the Lord and experience his comforting love.

### **Opening Prayer**

O God, who have commanded us to listen to your beloved Son,  
be pleased, we pray, to nourish us inwardly by your word,  
that, with spiritual sight made pure,  
we may rejoice to behold your glory.

## Second Reading 2 Timothy 1: 8–10

**W**ith me, bear the hardships for the sake of the Good News, relying on the power of God who saved us and called us to be holy – not because of anything we ourselves have done, but for his own purpose and by his own grace. This grace had already been granted to us, in Christ Jesus, before the beginning of time, but it has only been revealed by the Appearing of our saviour Christ Jesus. He abolished death, and he has proclaimed life and immortality through the Good News.

I come to my time of prayer knowing that I am about to spend time with a good friend, one who is all-accepting, who knows me intimately ... someone to whom I can say all that is in my heart without fear of being misunderstood.

Before reading the text, I make sure I am in a comfortable position, relaxed but alert. 'What are you going to tell me today, Lord?'

I read the text slowly, several times. Paul is writing to Timothy.

What is the one thing that I particularly 'hear' today?

Do Paul's words resonate in me?

Do they apply to what happens in my own life? I pause and ponder ...

Maybe I too have suffered hardships because of my friendship with the Lord. They may have been subtle rather than actually putting my life in danger, but real nonetheless.

On whose power did I rely then? To whom did I turn?

I speak to the Lord and tell him how I feel.

Perhaps I am drawn to reflect on all the graces which I was freely given, not as a reward for anything I might have done, but out of love for me.

If I can, I express my deep sense of gratitude, in my own words.

My prayer may take me towards all those around the world who suffer real physical hardship when they come to worship God, or tell others the Good News. I hold them up to the Lord and ask for them to be given the support they need.

When I am ready to conclude my prayer, I may want to mention any personal intentions important to me at this time.

In gratitude, I say *Glory be* ...

## Gospel Matthew 17: 1–9

**J**esus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured: his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said, 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved: he enjoys my favour, Listen to him'. When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up', he said, 'do not be afraid'. And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

In my quiet place I become still, and enter slowly into prayer, acknowledging that God is present with me.

I read over the text, a couple of times at least.

If it helps, I might like to place myself in the scene – perhaps as one of the apostles, or simply as myself looking on in the background.

I try to imagine how it feels to be led by Jesus up the mountain.

Perhaps I, too, can sense a yearning to stay there with Jesus?

Still recognizing that it is Jesus, I notice the change in his appearance, seeing him as both fully human and fully divine. I ponder.

Perhaps I feel drawn to ask, 'Who is Jesus for me?'

As I hear the apostles being encouraged to listen to Jesus, I reflect on how I listen to him myself.

When I am anxious or apprehensive, can I think of Jesus touching me and telling me '*Do not be afraid*', so that I can confidently place my trust in him?

Before I end my prayer, I may like to talk to Jesus about any thoughts or feelings that have arisen during this time. I tell him how grateful I am for my times alone in quiet with him.