

# **A Personal Encounter with the Power of the Gospel**

## **Second Week of Lent Reflection on the Transfiguration**

### **Sunday Gospel: Matthew 17:1-9**

Fr. Mark, in this week's video, talks about Peter, James and John going up the mountain with Jesus. We need to remember not to be afraid. Jesus reveals to us that he is the Son of God and the Savior of the world! Jesus is mercy, love and compassion in the flesh. We are seen through the eyes of Jesus, not our eyes, or through the eyes of the world. Jesus knows all of the deepest longings of our hearts. Reflect on the following:

- Do I believe that Jesus is who he says he is?
- This week, ask Jesus what he is trying to do in my life?
- Where is he proving to you that he is who he says he is?

**Matthew 17:6;** "When the Disciples heard this, they fell prostrate and were very much afraid."

For the Apostles, the Transfiguration was so powerful that they fell on their faces with awe.

- When was the last time you were in awe of God?
- When was the last time you were in awe of anything?

**Matthew 17:7;** "But Jesus came and touched them saying, "Rise, and do not be afraid."

- The antidote for fear is trust. In life, our fear is often focused on circumstances. Trust is focused on the Person who is with you in the midst of the circumstance. You can Trust that God is with you through any circumstance.

When Jesus says "Do not be afraid he means "Trust me."

**Romans 8: 14-17**

**Psalm 121**