

Excerpts from the Spiritual Itinerary - Part 2: Retreat (Day 3)

Second Sunday of Lent



We contemplate Jesus...

In the Transfiguration story, Jesus experiences a true Epiphany.

Jesus knew the texts that spoke of God's attraction: "*I have borne you on eagles' wings and drawn you to myself.*" (Ex 19:4) "*I drew you with bands of love, with cords of affection. I was to them like those who lift infants to their cheeks. I bent down to them and fed them.*" (Hos 11:4) This attraction was the sign of a love that never withdrew (Jer 31:3), and in the Song of Songs appears as a desire on the lips of the bride: "*Draw me...*" (Song of Songs 1:6)

Song: Christ lux mundi - Taizé

*Christ, you are
light for those
who follow you.
You come to
bring to all the
light of life.*

Jesus was aware that it was the Father who exercised this attraction to lead to him: "*No one can come to me unless the Father who sent me draws them*" (Jn 6:44) and that is why Jesus said: "*When I am lifted up on earth, I will draw all things to myself.*" (Jn 12:32) The Gospels speak of his power of attraction: crowds flocked to Jesus, they went to meet him (Mk 1:45; 2:13), they travelled long distances to reach him (Mt 4:25), and they did not hesitate to follow him to deserted places, they ran ahead of Jesus when he tried to retire to rest. (Mk 6:1-3). They thronged to the door of the house where Jesus was, or they threw themselves on him to touch him (Mk 3:10); they came to him carrying their sick on stretchers, they begged Jesus to let them touch at least the fringe of his cloak "*and all who touched him were saved.*" *Not "healed" but "saved."* (Mk 6, 56).

Listen to him! Listen to them!

Excerpt from the Gospel

“...Jesus took with him Peter, James, and John and led them up a high mountain apart, by themselves. And he was transfigured before them [...] Then Peter said to Jesus, “Rabbi, it is good for us to be here; let us set up three tents: one for you, one for Moses, and one for Elijah.” He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, “This is my Son, the Beloved; listen to him!” (Mk 9:2-7)

The Lord wants to take us with him. Does he not say to us today, to those of us who are so often preoccupied, threatened with agitation: "Stop, get out, God has something to say to you"?

From now on, the word that the Lord addresses to us is no longer a message, but a person: "This is my Son". And the invitation to follow him "uninstalls" us. It is a question of letting ourselves be led, of going through a transition, of living an Easter. For once, our friends in exile precede us on this steep descent down the mountain.



Listen to him! Listen to them! It is by listening to our brothers and sisters who live in very precarious situations, and who have not had time to erect three tents, that we can learn from them how to stand at the foot of the Cross. For they carry within them an experience of humanity that is vulnerable, threatened and yet very much alive, from which we can all be enriched.



Prayer of intercession:

We remember Sophie...

She was well aware of the importance of being led by the Spirit:

"We need a means which gives breath to the soul, which nourishes it and raises it above itself, and the means above all means is the Spirit which fertilizes and gives life to everything (...) This Spirit becomes like the breath of the soul..." (Conference 1841)

For this week of Lent, we ask him to...

"Listen to the cry of the earth and the cry of the poor" (Laudato Si):

Father, we pray to you for... (*mention your intentions*)

God our Father, who through Jesus, the Lord, shows us the true Light that transforms and lights up the lives of all people; help us to work for the coming of your Kingdom, which is life.



Transfiguration



We may wish to place a white cloth on the ground to symbolise the places and moments of Transfiguration, those changes we wish to see happen or those for which we give thanks.

Closing song: [Song of the Transfiguration \(David Haas\)](#)

Father, give our hearts the right pace and real flexibility! Give us the strength to adapt to what we have to live, and the courage to change, to "transfigure" what can be changed. May our mission be to reach out to others, whatever the cost, and to love one another more.