

Jesus took Peter, James and John.

Jesus went up the mountain to pray.

The similarities between going up the mountain of the Transfiguration and the Mount of Olives are interesting. Jesus went up the both mountains to pray. He took the same three disciples with Him both times. And all three fell asleep both times.

Though the similarities end there, we might wonder why Jesus chose the same three disciples for both events.

Today's Gospel says that when the disciples became fully awake, they saw Jesus in His glory and Moses and Elijah conversing with Him.

There are so many important elements of this narrative that are valuable for prayerful reflection.

- Jesus taking time to pray (frequently mentioned in the Gospels)
- Jesus taking three with Him
- The glory of Jesus becoming visible to the disciples
- Moses and Elijah appearing on the scene conversing with Jesus
- Peter wanting to stay longer by building three tents
- The cloud overshadowing them all
- The voice from the cloud
- This is my beloved Son. Listen to Him.

There are only two times mentioned in the Gospels when a voice from heaven was heard – after the baptism of Jesus and on this mount of the Transfiguration.

If God Himself tells us to listen to Him (Jesus) do we do so? Certainly we can listen to all He says in the Gospels as we read and carefully reflect on what He is telling us. But we can and should listen to Him as we pray. When we pray we are conversing with God. Effective conversing requires listening.

So do pray and pray effectively by taking the time to listen. It will be very hard to listen to the Lord, if we do not take the time to be at rest, and to be silent with open minds and hearts.

The three themes for Lent are to pray, give alms and fast.

Prayer requires listening.

Giving alms is more than money. It includes our time to be spent with those in need.

Fasting can be done on more days than just Fridays. We can also fast from more than just meat.