



EWTN

Global
Catholic
Network

ON THE HOLY MOUNTAIN

MEDITATIONS ON THE TRANSFIGURATION



ewtn.com

ON THE HOLY MOUNTAIN



“The Transfiguration of the Lord ... throws a dazzling light on our daily life, and makes us turn our mind to the immortal destiny which that fact foreshadows.”

Pope St. Paul VI

The Transfiguration of Jesus is one of the most significant events in Sacred Scripture. St. Luke gives us this account:

Now about eight days after these sayings he took with him Peter and John and James, and went up on the mountain to pray. And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white. And behold, two men talked with him, Moses and Eli’jah, who appeared in glory and spoke of his departure, which he was to accomplish at Jerusalem. Now Peter and those who were with him were heavy with sleep but kept awake, and they saw his glory and the two men who stood with him. And as the men were parting from him, Peter said to Jesus, “Master, it is well that we are here; let us make three booths, one for you and one for Moses and one for Eli’jah”—not knowing what he said. As he said this, a cloud came and overshadowed them; and they were afraid as they entered the cloud. And a voice came out of the cloud, saying, “This is my Son, my Chosen; listen to him!” And when the voice had spoken, Jesus was found alone. And they kept silence and told no one in those days anything of what they had seen (Luke 9:28–36).

This short book provides meditations on each of the verses from this passage. May these reflections bring you closer to our Transfigured Lord.



EWTN

Global
Catholic
Network

ewtn.com

page 2

ON THE HOLY MOUNTAIN



“[Jesus] took with him Peter and John and James, and went up on the mountain to pray.”

Luke 9:28

Meditation:

Throughout Sacred Scripture, mountains are significant and often the location of the most important biblical events. In the Old Testament, God gave the Ten Commandments to Moses on Mount Sinai. After King Ahab had allowed the worship of false gods in Israel, Elijah proved God’s preeminence on Mount Carmel. In the New Testament, Jesus gave the Beatitudes during His Sermon on the Mount, and He later ascended from the Mount of Olives. In these examples, as well as many others, we see that human beings encounter God on mountains—a natural symbol of Heaven, and where He gives miraculous signs and communes with them.

As we journey through our spiritual lives, we have moments “on the mountain” with God, in which we feel closer to Him; prayers seem easier; and life is more joyful. However, we cannot always feel the same closeness to Him. In the times when we are in spiritual valleys, we should remember that “He will not fail you or forsake you” (Deuteronomy 31:6). No matter if we feel His presence or not, God is there, loving us as His dear children.

Prayer:

Lord, as you took Peter, John, and James to the mountain where they beheld You in the Transfiguration, grant to me a glimpse of Your Glory. Please reveal Yourself to me through the teachings of the Church, through Holy Scripture, and through the beauty of nature. And reveal your Will for my life, showing me how to glorify You in my words and in my actions.

When I am in spiritual valleys, help me to remember Your love for me. Help me to grow closer to You during these darker moments and days.

And no matter the mountains or valleys I am navigating, lead me in a life that points others to You.
Amen.

Reflection Question:

When I am in spiritual valleys, do I still reach out to God? Do I always expect consolations in my prayer life, or do I accept times of spiritual dryness?



EWTN

Global
Catholic
Network

ewtn.com

page 3

ON THE HOLY MOUNTAIN



“And as he was praying, the appearance of his countenance was altered, and his raiment became dazzling white.”

Luke 9:29

Meditation:

In Exodus 34, after Moses came down from Mount Sinai with the second set of stone tablets inscribed with the Ten Commandments, his face shone due to the fact that he had been in God’s presence. A veil had to be placed over it because of the light coming from his face.

Do we shine with the Light of Christ? As Christians, it should be obvious that we are followers of Jesus. Everything in us should be transformed, since Christ lives in us. In Second Corinthians 3:18, St. Paul says, “And we all, with unveiled face, beholding the glory of the Lord, are being changed into his likeness from one degree of glory to another; for this comes from the Lord who is the Spirit.” Am I changed into His likeness? Am I transformed by His Light?

Prayer:

My Transfigured Lord, guide me to a closer relationship with you, and help others to see You in me. As unworthy a vessel as I may be, use me to show others Your Goodness and Glory. Help your Light to be within me always. Amen.

Reflection Question:

Do I want my own light to shine in this world, or do I allow God’s Light to shine through me?



EWTN

Global
Catholic
Network

ewtn.com

page 4

ON THE HOLY MOUNTAIN



“And behold, two men talked with him, Moses and Elijah, who appeared in glory and spoke of his departure, which he was to accomplish at Jerusalem.”

Luke 9:30-31

Meditation:

It was significant that Moses and Elijah were the two figures from the Old Testament who appeared at the Transfiguration. Moses represented the Law, and Elijah represented the Prophets. And both the Law and the Prophets were fulfilled in Jesus Christ.

Our Lord is foreshadowed throughout the Old Testament, from Genesis through Second Maccabees. His Presence is hidden in the 10 Commandments, in the Ark of the Covenant, and in the many prophecies. He is there in every page of the Bible if we only take the chance to look. Do I appreciate this gradual revealing of Jesus throughout the Old and New Testaments?

Do I see that God also reveals Himself, and His plans for my life, in a gradual, deliberate way? Sometimes we can't understand the path He shows us; sometimes we might even think that He forgot us or isn't answering our prayers. But that is never the case. He is slowly showing us the path that, if we follow it faithfully, will lead us to Heaven.

Prayer:

Lord, as you are hidden from us within the words of the Old Testament, you are also hidden from us in our daily lives. With each sunset that you give us, with each child's smile, with each petal of a rose, you are revealing Yourself to us—just in a hidden way. Help me to see Your imprint on this world and to appreciate it even more. Amen.

Reflection Question:

How much do I understand about the Old Testament and the prophecies about Our Lord?



EWTN

Global
Catholic
Network

ewtn.com

page 5

ON THE HOLY MOUNTAIN



“Now Peter and those who were with him were heavy with sleep but kept awake, and they saw his glory and the two men who stood with him.”

Luke 9:32

Meditation:

This was truly one of the most important events of the disciples’ lives, and yet they had to fight to stay awake. In the Garden of Gethsemane, as Jesus was praying before His Passion, the three apostles, who previously had seen Him in His glory, actually did fall asleep.

How often do we fall asleep in our spiritual lives? Do we give our best for everyone and everything else, but give to God the remainder of the day and the remainder of ourselves?

St. Paul says, “So then let us not sleep, as others do, but let us keep awake and be sober” (1 Thessalonians 5:6). As Christians, we should be aware of God’s presence, fully awake in our spiritual lives.

As we become spiritually lazy, we will fail to pray and fall into sin. Holy Scripture warns us against this many times. We should stay awake, engaging in battle against principalities. As Ephesians 5:14 says, “Awake, O sleeper, and arise from the dead, and Christ shall give you light.”

Prayer:

My Lord, help me to spiritually stay awake, living constantly in Your Will. Help those who have fallen asleep in their faith to heed the call to “Awake, O sleeper” so that they can rest—not in the world, not in sin, but in Your arms. Amen.

Reflection Question:

Do I stay awake and aware? Do I pay attention to the temptations that come my way, as I pray to fight against them?



EWTN

Global
Catholic
Network

ewtn.com

page 6

ON THE HOLY MOUNTAIN



“And as the men were parting from him, Peter said to Jesus, ‘Master, it is well that we are here; let us make three booths, one for you and one for Moses and one for Elijah’—not knowing what he said.”

Luke 9:33

Meditation:

St. Peter simply did not understand.

Many times throughout the Gospels, the disciples – those closest to Jesus – did not understand His words and actions. In this case, we see St. Peter grasping to comprehend the Transfiguration, as well as to prolong this sacred meeting on the mountaintop. Instead of just listening and meditating, Peter is fumbling for an active place in this scene.

Are we trying to force our square pegs into round holes? Instead of following God’s path, are we going our own way? If we don’t stop and listen to Jesus and His Church, we are in serious danger.

Just like Peter suggesting to make three tents, we often try to follow our own path while disregarding God’s path. We should stop and listen to Him, trusting fully in the Lord, instead of following anyone or anything else.

Prayer:

Transfigured Lord, I understand St. Peter in his uncertainty and in his awkwardness. I understand that he was unsure about what he saw. I understand that he wanted the Transfiguration to last longer. But when I see something in my life that I am uncertain about, when I am uncertain about Your Hand in my life, help me to follow Your Will and not my own. Amen.

Reflection Question:

How often do I try to force my own imperfect will on God, rather than accepting His perfect Will?



EWTN

Global
Catholic
Network

ewtn.com

page 7

ON THE HOLY MOUNTAIN



“As he said this, a cloud came and overshadowed them; and they were afraid as they entered the cloud.”

Luke 9:34

Meditation:

Even though the disciples were with Jesus, they were afraid. Our Lord was in their midst – in His glorified form – and yet they were scared.

How often in our lives are we afraid, even though God is always with us? Why do we take our eyes off the Lord, only to dwell on our worries and our anxieties?

In Philippians 4:6, St. Paul says, “Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.”

God is always in control. There is not a moment of the day that He has forgotten us or our cares. This is why we should place our worries at His feet!

Just as a good mother or father wants their children to come to them with their needs, God is waiting for us to seek Him in prayer. Instead of worrying over our problems, remember Jesus’ words in the Sermon on the Mount:

Therefore do not be anxious, saying, “What shall we eat?” or “What shall we drink?” or “What shall we wear?” For the Gentiles seek all these things; and your heavenly Father knows that you need them all. But seek first his kingdom and his righteousness, and all these things shall be yours as well. (Matthew 6:31-33)

Prayer:

O Lord, remind me that you want to take my worries from me. Help me to fall into Your Loving Arms with my concerns. As I worry over my family, over money, over my health and that of my loved ones, remind me that you are in control. Amen.

Reflection Question:

Do I keep my worries, or do I give them to the Lord?



EWTN

Global
Catholic
Network

ewtn.com

page 8

ON THE HOLY MOUNTAIN



“And a voice came out of the cloud, saying, ‘This is my Son, my Chosen; listen to him!’”

Luke 9:35

Meditation:

St. Thomas Aquinas wrote, "The whole Trinity appeared: the Father in the voice; the Son in the man; the Spirit in the shining cloud." This is reminiscent of the presence of the Trinity at Jesus' Baptism (Matthew 3:13-17).

In these words, God the Father was instructing those present – as well as Christians today – to listen to the words of Jesus. Similarly, the Blessed Mother said, “Do whatever [Jesus] tells you” at the Wedding Feast at Cana (John 2:5).

Do I listen to the words of Jesus? Do I do what He tells me? Jesus has given us instructions through the Sacred Scripture, as well as through the Traditions of the Church. Do I pick and choose what I like and believe, ignoring parts of His instruction?

As Catholic Christians, we must accept all of the teachings of the Church, which are in fact the teachings of the Lord. As St. Augustine once said, “If you believe what you like in the gospels, and reject what you don’t like, it is not the gospel you believe, but yourself.”

Prayer:

Lord, help me to listen to Your Words as the Father asked, and to obey all the teachings of Your Church, Your Mystical Body. You are the Eternal Word, the “Word made Flesh,” and I want to truly understand You and all of Your instructions to us through the Church. Amen.

Reflection Question:

Are there any aspects of the faith that I don’t fully understand or accept? How can I better understand the words of Our Lord, even when they are difficult?



EWTN

Global
Catholic
Network

ewtn.com

page 9

ON THE HOLY MOUNTAIN



“And when the voice had spoken, Jesus was found alone. And they kept silence and told no one in those days anything of what they had seen.”

Luke 9:36

Meditation:

After the Transfiguration, the disciples were again alone with the Lord. They had witnessed His glory, along with Moses and Elijah, and heard the voice of God the Father.

But afterwards the disciples were alone with Jesus.

When I am alone, perhaps even living alone, do I remember that Jesus is always there at my side? Even if we have no other person on earth, no matter if our loved ones have died or have left us, we know that Jesus is there with us and that He wants to help us. “He heals the brokenhearted and binds up their wounds” (Psalm 147:3).

Our Lord will never abandon us, never forsake us. If we rest in that assurance, we will never succumb to loneliness or despair.

God is with us in our loneliness, which means that we are never alone.

Prayer:

My Lord and my God, I give praise to You for revealing Your Glory on the Mount of Transfiguration. And I give thanks that You are always there in my need. No matter how many people turn their backs on me, no matter how many leave, no matter the heartache that I have, You are always there to strengthen me. Keep me close to You, and help me to witness Your Love to others in turn. Amen.

Reflection Question:

Do I place my joy in the Lord? Do I realize that He is the constant in my life, no matter the problems I might face?



EWTN

Global
Catholic
Network

ewtn.com

page 10