

Lectionary readings: Exodus 24: 12-18; Psalm 2; 2 Peter 1: 16-21; Matthew 17: 1-9 (Sunday before Lent)

For reflection and prayer

- **Exodus 24:** Moses was invited to meet with God on Mt Sinai to receive teachings that would help the Israelites to live as God wanted them to. For the people at the foot of the mountain God was remote, His presence described as fire and cloud. Many people today still think of God as remote; but God has come in Jesus to be with us, to live in our hearts, to be known intimately. And yet we must never lose sight of the Mystery that God is and the inadequacy of human language to describe Him. Moses was 40 days on Mt Sinai waiting on God, silent, listening. We are approaching the 40 days of Lent when we are invited to wait on God each day. It may seem as if we are wasting time just being still in silence, but it is all right to 'waste' time with God because we might just catch a glimpse of His glory and be changed by it.
- **Psalm 2:** Here are a few verses from 'Psalms for Praying' for us to reflect on this week. *'I have set Love in your hearts, My dwelling placeLove calls to us, You are Mine; this day I become your Beloved; ask of Me what you willServe the Beloved with reverence; bow your heads and embrace Love. Otherwise, ignorance and fear will be your companions, bringing destruction and despair Blessed are all who dwell in Love.'*
- **2 Peter 1:** Peter is referring here to his experience on the Mt of Transfiguration when Jesus was seen in all

His glory. And Peter is saying to his hearers that Jesus is the one light in a time of darkness. This is a message for us too. However much darkness we are experiencing in our lives, and however dark we believe our society and our world to be, we need to remember that Jesus is the Light of the world, but He can only light up this dark world if we allow Him to light up our lives with His presence. May we this week remember God's presence with us every moment and allow Him to shine the light of His presence into our lives so that we may shed light wherever we go.

- **Matthew 17:** I read this passage in 'The Message' and was struck by verse 4: *'Master, this is a great moment!'* How wonderful to be able to say that of every moment. This moment that I am living now, Lord, is a great moment, a wonderful moment. I want to live it to the full. What a challenge for us this week! This was an extraordinary moment for the disciples as they caught a glimpse of God's glory shining through Jesus. But every moment can be an extraordinary moment for us as we open ourselves to the possibility of seeing God, hearing God, sensing God, experiencing God this moment. The past and the future came together in that moment as they glimpsed eternity. This was a truly special spiritual experience for them - one that they would have great difficulty putting into words. The only thing they could do was open themselves to it and embrace it and be filled with wonder.

A prayer

Lord, may I be open to special glimpses of Your glory this week; and may I allow You to transform every moment into a celebration of Your presence and be filled with wonder and amazement at Your nearness. Amen