

**GOSPEL**

*Matthew 17:1-9*

Jesus took with him Peter and James and his brother John and led them up a high mountain where they could be alone. There in their presence he was transfigured; his face shone like the sun and his clothes became as white as the light. Suddenly Moses and Elijah appeared to them; they were talking with him. Then Peter spoke to Jesus. 'Lord,' he said 'it is wonderful for us to be here; if you wish, I will make three tents here, one for you, one for Moses and one for Elijah.' He was still speaking when suddenly a bright cloud covered them with shadow, and from the cloud there came a voice which said, 'This is my Son, the Beloved; he enjoys my favour. Listen to him.' When they heard this, the disciples fell on their faces, overcome with fear. But Jesus came up and touched them. 'Stand up,' he said 'do not be afraid.' And when they raised their eyes they saw no one but only Jesus.

As they came down from the mountain Jesus gave them this order. 'Tell no one about the vision until the Son of Man has risen from the dead.'

**REFLECTION OF POPE LEO XIV**

*1 March 2026*

Today's Gospel paints a radiant picture for all of us as it recounts the Transfiguration of the Lord (cf. Mt 17:1-9). In this depiction, the Evangelist draws on the Apostles' memories, portraying Christ between Moses and Elijah. The Word made flesh stands between the Law and the Prophets: he is living Wisdom, who brings every divine word to fulfillment. Everything that God has commanded to and inspired in human beings finds its full and definitive expression in Jesus.

Just as on the day of his baptism in the Jordan, so too today on the mountain we hear the voice of the Father proclaiming, "This is my beloved Son," while the Holy Spirit envelops Jesus in a "bright cloud" (Mt 17:5). The Gospel uses this unique expression to describe how God reveals himself. When he manifests himself, the Lord makes his abundance visible to our gaze: standing before Jesus, whose face shines "like the sun" and whose clothes become "as white as light" (cf. v. 2), the disciples

behold the human splendor of God. Peter, James and John contemplate a humble glory, which is not displayed as a spectacle for the crowds to see, but in solemn intimacy.

The Transfiguration foreshadows the light of Easter: an event of death and resurrection, of darkness and new light that Christ radiates on all bodies scourged by violence, crucified by pain, or abandoned in misery. Indeed, while evil reduces our flesh to a commodity or an anonymous mass, this same flesh shines with the glory of God. The Redeemer thus transfigures the wounds of history, enlightening our minds and hearts: his revelation is a gift of salvation! Does this captivate us? Do we see the true face of God with a gaze of wonder and love?

The Father's reply to the despair of atheism is the gift of his Son, the Savior; the Holy Spirit redeems us from the loneliness of agnosticism by offering us an everlasting communion of life and grace; and in response to our weak faith, the promise of the future resurrection is announced. This is what the disciples saw in Christ's splendor, but it took time for them to understand (cf. Mt 17:9), time in silence to listen to the word, time for conversion in order to enjoy the Lord's company.

As we experience this during Lent, let us ask Mary, teacher of prayer and Morning Star, to guide us in faith.

## REFLECTION QUESTIONS

What stood out to you from the Gospel or Reflection/Homily?



**Head:** Why does Jesus reveal his glory not before the multitudes but in the quiet presence of Peter, James, and John — and what does this teach us about how God chooses to make himself known?



**Heart:** Am I willing to encounter Christ in reverent silence, allowing his light to expose and transform me — or do I prefer a faith that remains comfortable, controlled, and external?



**Hands:** What concrete step can I take this week to create space for “solemn intimacy” with the Lord — attentive listening to his Word rather than filling the silence with my own plans?

## PRAYER

Spend some time in prayer with one another:

1. Conscious of what has just been shared, members briefly name/describe their prayer needs.
2. Intentionally call on the Holy Spirit to be present (e.g. “Come Holy Spirit, please be present as we pray”)
3. Offer prayers of thanks and praise to God.
4. Pray for each others’ prayer needs. Where appropriate, you may like to encourage the group to place a hand on the shoulder of the individual that you are currently praying for.
5. Conclude your prayer time with another prayer of praise, perhaps praying the ‘Glory Be’.