

Pilgrim's progress

Luke 9.28-36(37-43)

In which, Jesus takes Peter, James and John away with him to pray. As he is praying, Jesus' clothes begin to glow a dazzling white, Moses and Elijah appear with him, a cloud engulfs them all and the voice of God is heard. The disciples are frightened and unsure what to do; they tell no one of this moment of change they have witnessed.

Now read **Luke 9.28-36(37-43)** see p.2 for text.

A note on the passage

The transfiguration is a snapshot experience for the disciples. Everything changes in a moment and they then have to head back down the mountain. This moment of change has altered them, though. Unlike the disciples, we might not head up a mountain but we do experience moments of change. How have particular moments of change altered you?



Ask yourself: What things can distract you and sometimes mean you miss the moment?

WALK

At this time of year, there are many changes in the natural world, as we see the first signs of spring. Go on a photo walk, taking a camera or phone, and capture moments of change, e.g. snowdrops, buds on trees, or other changes in your local area. Create a collage from the images you take, noticing that these changes are part of the rhythm of the natural world. What are the changes in the rhythm of life for you?



Make a simple bubble mix by carefully adding 50ml washing-up liquid to 300ml water (try not to make any bubbles at this point). Leave this to stand for 2 hours. Make bubble wands from pipe cleaners, craft wire or biscuit cutters. Blow plenty of bubbles, noticing the changes that happen. Think about how these changes form the bubbles and how brief each change is.

WATCH

Look at this clip, shot from the top of a mountain.
https://www.youtube.com/watch?v=_SgrbjUFx28

It is a time lapse so you can see the changes in the scenery over a period of time. At the top of the mountain, the disciples would have seen changes to the scenery and much more as well. As you watch the clip, reflect on the moments of change the disciples saw, and imagine what it would have been like to be there that day.

REFLECT

Each evening, draw or write on a sheet of paper some of the changes in your life that you have been thinking about or have happened today. Mark those that you are welcoming in one colour and those you are worried about in another. As you write or draw, talk with God about each of these.

BAKE

This Tuesday is Shrove Tuesday, traditionally a day to use up ingredients, before Lent, by making pancakes. Make pancakes <https://www.bbcgoodfood.com/recipes/easy-pancakes>, add a squirt of lemon juice and, as you do, think about the moments of change that are difficult for you. Add a sprinkling of sugar and, as you do, think about the moments of change that are good and that you are positive about.

Choose a version of the passage to read. The first is the ROOTS version for children, the second is the NRSV text which may be suitable for older children, young people and adults.

Jesus went up the mountain to pray. He took Peter, James and John with him. While Jesus was praying, his face changed and his clothes became dazzling white. Suddenly two men were with him – Moses and Elijah. Peter and James and John were dozing. Then they woke up and saw the glory around the three men. Peter said to Jesus, 'Master, it is good for us to be here. We could make three shelters – one for you, one for Moses and one for Elijah.' He did not really know what he was saying, but while he was speaking, a cloud came down over them like a blanket and they were frightened.

A voice came from the cloud saying, 'This is my Son, the one I have chosen, listen to him!'^{*} As the words died away, suddenly the disciples saw only Jesus, standing there alone. They kept quiet about what they had seen.

The next day, when they had come down the mountain, there was a huge crowd. A man called out,



'Teacher! Please help my son! A spirit takes hold of him and throws him into a fit. When he comes round, he is bruised and hurt. I begged your disciples to cast it out, but they could not.'

Jesus said, 'So many people who don't believe! How long must I put up with you? Bring your son here.' As the boy came near, the demon threw him into convulsions. Jesus healed the boy. Everyone was amazed at God's goodness.

Luke 9.28-36,(37-43)

Did you know?

- Moses and Elijah are both prophets from the Old Testament who heard the voice of God.
- This is the second time we hear God declaring Jesus to be his Son. Look at the baptism of Jesus and compare these stories (Luke 3.15-17,21-22).
- 'A spirit', 'the demon' – painful thoughts and/or symptoms that seem to get hold of someone against their will.

Luke 9.28-36(37-43) (NRSV)

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah"—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!" When the voice

had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

On the next day, when they had come down from the mountain, a great crowd met him. Just then a man from the crowd shouted, "Teacher, I beg you to look at my son; he is my only child. Suddenly a spirit seizes him, and all at once he shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. I begged your disciples to cast it out, but they could not." Jesus answered, "You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here." While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. And all were astounded at the greatness of God.