

## Day 12—Second Sunday of Lent

### Scripture for Prayer

**Stilling:** Take a few minutes to become still.

**God is Present:** God is with you. Ask God to inspire your imagination.

**Ask for what you desire.** What gift, what grace do you want right now?

**Read** the Passage through.

**Identify with a character:** Choose one of the people in the story and imagine the scene from their point of view.

**Senses:** Use your five senses, imagine what you may see, hear, smell, touch and taste.

Fill in the details which the scripture leaves out to make the story real for you.

Be aware of how you feel; your emotional state.

Let the story take place naturally, what seems right, don't worry if it wants to move away from the scripture passage.

### Mark 9:2-10 - (NRSVA)

Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves.

And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus.

Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.'

He did not know what to say, for they were terrified.

Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!'

Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

So they kept the matter to themselves, questioning what this rising from the dead could mean.

**Conversation:** When you come towards the end of your time of prayer, talk to Jesus about what has come up for you. Imagine how he might reply.

**A Prayer:** End with a formal prayer, such as the Lord's Prayer/Our Father

## Today's Meditation

**Imaginative Contemplation:** This is a way of entering into the Scriptures, particularly the Gospels. Use a story from scripture that allows you to be part of the action, such as today's story of the Transfiguration. As in dreams, you might find interesting and unexpected things come up.

**Choose a story** from a Gospel; read and get to know it.

**God's Presence:** Wherever you are, remember you are in the presence of God, become aware of this.

**Offer yourself,** your time and your imagination to God.

**Your Desires:** Ask God for what you need today, what you desire. This could be for a greater understanding of Jesus, in words such as:

"Jesus, may I know you clearly, love you more dearly and follow you more nearly."

**Set the scene** from your scripture passage.

Take your time, see all that is around, hear, feel, taste and smell. What is the setting of the story in your imagination?

**Become a character** in the story..... Who are you? It may be a central character or someone on the sidelines.

**Let the scene unfold naturally.** You may imagine it in the present day, or 2000 years ago. You may be involved with people you know. The story might depart from the gospel scene and take on a life of its own. That's fine, trust God, everything human is appropriate material for prayer.

**Talk to Jesus:** When the story has ended you may want to talk to Jesus in your own words, as one friend to another.

**End the prayer** with a formal prayer like the "Lord's Prayer"

## Review of Prayer

When you have finished look back over the prayer.

- Notice how you reacted and felt.
- Is this saying anything about you, about the way you see others or God?
- Did anything surprise you?
- Is there anything that needs healing?
- Is there anything you need to pray about in future?