

## What to Say

O God, who before the passion of your only-begotten Son revealed his glory upon the holy mountain: Grant to us that we, beholding by faith the light of his countenance, may be strengthened to bear our cross, and be changed into his likeness from glory to glory; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. Amen.

### Look

You've probably lost track of the number of times people have talked about life being challenging. Yes, life is challenging, but we keep pushing forward. Sometimes however we go through really extended periods of challenge that can last for many months or even years.

1. What was a situation of extended challenge that you went through?
2. In what way was it hard to express to others just how difficult it was, where you just didn't have any words for it?
3. What was the one key thing that helped you stay strong through it?

### Book

Mark 9:2-9

The Transfiguration is an important event that we celebrate every year in our liturgical calendar, and for good reason. Although the event itself is obviously focused on Jesus, the story of the event is a great opportunity to explore the disciples' reactions and how we can relate to them.

1. How would this event be so much more potent than the previous miracles they had witnessed?
2. In v6, Peter was so terrified that he did not know what to say. Why do you think he was still compelled to say something?
3. The disciples have been following Jesus for a while and after this event he tells them not to talk about it. In what way do you think this event helped energize them for the challenges ahead?
4. [Bonus question] Read 2 Corinthians 4:3-6. How does Paul's description about the light shining out of the darkness relate to both the Transfiguration and to ourselves?

### Took

Going through a huge challenge can leave us weak and speechless. Being able to endure and thrive is crucial for us to stay supportive of ourselves and those around us in need.

1. In what way is the light of Christ within each of us the key to persevering?
2. Why is it important that we shine that light to others in need?
3. What can you do this week to help kindle Christ's light shining from in your heart?