

# BRINGING HOME THE GOSPEL

February 25, 2024 • 2nd Sunday of Lent • Mark 9:2-10

## Finding Mountaintop Experiences In the Everyday

*Jesus takes Peter, James and John to a high mountain to be alone and pray. While they are there the apostles see Jesus in a whole new way. Jesus is transfigured. His clothes become a dazzling white and they see Elijah and Moses conversing with him.*

Jesus often goes off to pray and sit alone in silence, and he encourages his disciples to pray in the same way. On one special day, Jesus takes Peter, James and John with him as he climbs to the top of a mountain for solitude and prayer. On the mountain, the apostles' quiet prayer is rewarded as they experience the awesomeness of God. Jesus is transformed as he converses with Moses and Elijah.

Mountaintop experiences aren't just for the disciples, and they aren't limited to the saints. Regular, everyday folks sometimes have their own experiences of the awesomeness of God. These encounters don't happen often, but the experience can carry someone through a lifetime.

Mountaintop experiences are sometimes a surprise, an unexpected, overwhelming experience of the divine. We see a sunset or watch the miracle of birth, and we are absolutely overwhelmed by a feeling of fullness and peace. We experience the sacred at our very center and also all around us. Mountaintop experiences can also be a gift received after weeks or years of faithful waiting in silent prayer.

Introduce your children to the prayer of silence by praying with them. Find a quiet spot and sit very still, consciously relax your body. Tell your children to pay attention to their breathing. Ask them to say Jesus' name quietly with every breath they take in

or let out. Thirty seconds is enough to begin this quiet prayer with children. When they are comfortable in the prayer, you can extend the time.

The peace and joy of quiet prayer leaves us open to encounter the awesomeness of God in the sacred spaces of our heart. The secret is to be faithful to this prayer, keeping a quiet watch with the Lord on a regular basis.

### FAMILY RESPONSE

Practice the prayer of silence together. Follow the directions in the fourth paragraph above. Talk about the experience.

### PERSONAL RESPONSE

Do you think you might be able to find ten minutes a day for this quiet prayer? If so, what time of the day is best for you? In the space below, write down how you feel about making such a commitment. What do you want to remember from last week? What are you looking forward to next week? What are your concerns?