

August 6, 2025

Daily Reflections



TRANSFIGURATION

By Sister Jayne Helmlinger, CSJ

An Excerpt from Today's Gospel

Jesus took Peter, John, and James and went up a mountain to pray. While he was praying his face changed in appearance and his clothing became dazzling white. And behold, two men were conversing with him, Moses and Elijah, who appeared in glory and spoke of his exodus that he was going to accomplish in Jerusalem. Peter and his companions had been overcome by sleep, but becoming fully awake, they saw his glory and the two men standing with him. ... While Peter was still speaking, a cloud came and cast a shadow over them, and they became frightened when they entered the cloud. Then from the cloud came a voice that said, "This is my chosen Son; listen to him." After the voice had spoken, Jesus was found alone. They fell silent and did not at that time tell anyone what they had seen.

LUKE 9:28b-32, 34-36

Reflection

I like to picture myself in this scene and ponder what I would do if I witnessed this spectacular event. Would I grasp the significance of what was taking place before my eyes? Would I understand why it was Moses and Elijah who were with Jesus?

While I was not there at the time, we could be there in our mind's eye and reflect on what this means for us today. First, it is Jesus' Divine identity that is foundational to our faith; it proves who Jesus is – the Son of God. Second, it connects scripture by the presence of Moses and Elijah, showing how Jesus is the fulfillment of the Law and the Prophets.

This passage is situated before his passion, death, and resurrection and I wonder if this deepened and strengthened the disciples' faith. This scene is inspiring and hearing God say, "This is my chosen Son; listen to him," is a message for us, too. The fact that it takes place on Mount Tabor inspires my own pondering about the "mountaintop" moments in my life and in my relationship with God.

Transfigure Us O Lord

In my moments of doubt, bring me to the mountaintop of your presence. May your light silence the darkness that wants to draw near.

Let your glory and light fill my being and remind me from whom I have come and to whom I shall return.

When joy fills my heart and takes me to a mountaintop moment, let me remember those who remain in the crevasses and valleys below.

Let me not grow weary in the climb to the mountaintop, for it is there where your divinity touches my humanity.



Edited photo by Sister Jayne Helmlinger, CSJ

For Pondering

- If you were with Elijah and Moses as they witnessed Jesus' transfiguration and the beautiful words from God, how do you think you would respond?
 - In the present day, how do you respond to this inspiring spiritual moment from scripture?
 - What stirred within your heart as you reflect on the transfiguration?
-

For Prayer

*We pray in gratitude for those mountaintop moments in our own lives.
Let us strive to live as people who embrace the spiritual depth of the
Transfiguration and allow it to transform our lives.
Amen.*

If you enjoy reading our reflections and would like to make a donation towards this ministry, click the button below!

Support CSD



Visit Website

714-744-3172

Join Mailing
List



To “Unsubscribe” from the daily reflections while remaining on our general mailing list, please [email us](#). The unsubscribe function below will unsubscribe you from all emails from CSD. Please know we will never share your information.

Center for Spiritual Development | 434 A South Batavia Street | Orange, CA 92868 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)