



Guided Meditation: The Transfiguration

(Matthew 17:1–8, Mark 9:2–8, Luke 9:28–36)

Share this guided meditation on the Transfiguration from Touching Jesus by Patty McCulloch. Begin by telling the students that "during this reflection you will be going up to the mountaintop with Jesus. You will witness something truly amazing.

Place yourself in a quiet place.
Relax.
Allow all the distractions to go out of your head.
Just still yourself.

Breathe in.
Hold.
Breathe out.
Breathe in.
Hold.
Breathe out.

Be still.
Relax.
Let all your worries fly away.

Breathe in.
Hold.
Breathe out.
Breathe in.

Hold.
Breathe out.

Imagine . . .

Jesus asks you to go with him to the top of the mountain.
You go with Peter, James, and John, friends of Jesus.
You are climbing.
It is a beautiful day.
The sky is clear and you can see all around.
Enjoy the sight.

You have reached the summit.
Sit and look all around.
Something catches your eye.
Something is happening where Jesus is.
He is wrapped in light, his clothes are dazzlingly white.
There is Elijah from the scriptures!
Moses is there, too.
Jesus is talking with Moses and Elijah.
Watch this sight for awhile.
What do you make of it?

Peter interrupts this vision.
You can tell that he has seen it too.
He says, It is great that we are here. Let's build some tents and stay for awhile."

Then you heard a loud voice,

"This is my beloved Son, listen to him."

What do these words mean?

Repeat them over and over in your mind.

"This is my beloved Son, listen to him."

As you repeat those words, only Jesus stands before you.

Go up to Jesus.

Ask him to sit.

Sit next to him.

Ask him what the words of the loud voice mean?

He looks at you and asks,

"Do you listen to me?"

Answer him.

Be with him for awhile.

Listen to him.

It is time to reenter this space.

Say good-bye for now.

Ask Jesus to lead your way into the rest of the day.

Say thank you.

Come back gently.

Open your eyes.

Remember.

Sit up.