

Anima Women's Network
On Line Lenten Retreat 2018

Reflection Sheet Week 2

Gospel of the day

Mark 1:12-15

Jesus took Peter, 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 fuller on earth could bleach
them.

Then Elijah appeared to them along with
Moses,
and they were conversing with Jesus.

Then Peter said to Jesus in reply,
"Rabbi, it is good that we are here!
Let us make three tents:
one for you, one for Moses, and one for
Elijah."

He hardly knew what to say, they were so
terrified.

Then a cloud came, casting a shadow over
them;
from the cloud came a voice,

"This is my beloved Son. Listen to him."
Suddenly, looking around, they no longer
saw anyone

but Jesus alone with them.

As they were coming down from the
mountain,

he charged them
not to relate what
they had seen to
anyone,

except when the
Son of Man had
risen from the
dead.

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



Reflection Questions

- Are we responding to Jesus' call to separate ourselves from the noise of our day to day life? Are we going up our "mountain" to spend time with the Lord?
- Do we trust God, even though we don't have the 'full picture' of our lives? That God uses our experiences to prepare us for what is to come?
- Do we let God work in his time, in His way even though we might not understand why?
- Do we let God work in his time, in His way even though we might not understand why?
- Are our lives too cluttered with our own thoughts to notice the "God moments" in our day to day lives.
- Do we remember to be grateful for these moments? Do we remember not just to ask but to also give praise and glory and thanks to our God who loves us so much?

Action

- *That we, as Saint John Paul II asks us, arrange our lives so that everything praises God.*
- *That we notice the moments of grace from God in each day.*
- *That we find the time to go to the 'mountain', for even a short time, every day.*