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TRANSFIGURATION SUNDAY B

11th February 2024

A short act of worship and daily devotions

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Opening Prayers

Source of creation and love, move like air on the breeze within and amongst me today.

Tend in me a spark of curiosity for what is growing in the earth beneath my feet.

Stir in me a flicker of awe at the buds and shoots stretching steadily from oak, ash, rowan and beech.

Prune from me all that we no longer need to take with me as I journey further towards the season of blooming and growth.

Help me to see the ever-changing landscapes around me and the ever-changing landscapes within myself. May I feel my place in the wonder of creation, leaning into the coming days ahead, and help others to find their place too.

Amen.

You may now wish to say the Lord's Prayer in a version or translation with which you are familiar

Reading: Mark 9:2-9 – [Click for reading](#)

Responding to the reading

Do you find the imagery of 'light' and 'dark' helpful? These themes of darkness and light stream through the Bible from the dawn of the first day to the depths of the end times. We were born out of the darkness of the abyss and always live in danger of returning there, maybe more so now than ever as the earth is scorched without the protection of an ozone layer. Light is often associated with enlightenment, with insight, with revelation whereas darkness is the chaos of destruction, the stalking of doubts at nightfall. And yet, we need both. Without darkness there is no respite from the bright glare of the persistent daytime and without light there is no vision of this great and glorious world. How can we hold the two in balance, how can we live in the rhythms of light and dark?

In today's gospel, we hear an impressive and important story of Jesus with his disciples, just before we enter into the season of Lent. Together they go to the mountain top and see a marvellous vision of how the story of God and their story coincide. They understand with clarity how everything fits together, Moses and the prophets, their life with Jesus and the future hope for the world. Everything is clear, they are euphoric and want to capture this moment for ever. But in the blink of an eye they are down at the bottom of the hill again with the pressures of the crowd and they do everything wrong once again. It was morning and it was evening of the same day as they learned to live in the hinterland between heaven and earth.

Light and darkness are the natural way of things. The bright warm sun will call the scattered seeds to life under the dark soil. Their shoots will push the earth aside once again as the frosted soil breaks open for new life to come to birth. The same soil that has been broken open to bury those we love the most, will bring new life as the greening earth turns once again towards the sun. The same clods that have made the clay pots to hold the treasures

of the kingdom will break open to reveal something beyond our imagination, the earthed, raw, glorious and abiding love of God.

- What is bringing light into your life at the moment?
- Where are the darkneses?
- Have you got safe spaces where you can talk about the rhythms of light and dark, the hope and the grief, the joy and the pain? Could you find someone you could trust to share these questions with this week?

You might like to close with this prayer:

In darkness and in light I pray to you, God of love,
That in the grey skies or glorious views,
In the anguish or euphoria
In the desperation or possibilities of this day,
You will walk with me.

Show me the connections that make sense of the world
And hold me in the seemingly meaningless disconnections
That I may walk with you in darkness and light alike
Until I know you, as you know me
Until I love you, as you love me. Amen.

Hymn:

410 STF – Lord, your church on earth is seeking - [YouTube](#)

357 STF – Jesus – the name high over all - [YouTube](#)

Blessing

Go out from this place, inspired and uplifted to bring about change in the world.
Go out into the world, amongst all the disheartening and disappointing moments of life, and know that the God of love goes with you, before you, alongside you and within you.
Go to be a person of love, grace and peace.

Amen.

Prayers and Prayer Pointers for the Week Ahead

Monday 12th February

- What is your favourite song or piece of music? What about it inspires or encourages you?
- Listen to it now. Is there a way that you can hear some of the notes, or the words, or both, as a prayer?
- Thank you Lord, for the music of our lives.

Tuesday 13th February

- Pour a glass of water. Think about the things you do that get in the way of your relationship with God. You might think it muddies the water of your life, but God forgives us for all these things, and offers us living water.
- Drink some of the water and give thanks for the way God reaches out to you with love and forgiveness.

Wednesday 14th February

- A number of years ago, for Valentine's Day, the Climate Coalition – a group of charities and organisations committed to working to tackle the climate crisis – made this short film: <https://www.youtube.com/watch?v=zD3YxrZdyzo>
- Watch the film. Reflect on the challenging and inspiring words about creation, and reflect on how you can #ShowTheLove for the planet this Valentine's Day and beyond.

Thursday 15th February

- On this day in 2003, over 600 protest marches to the war on Iraq happened around the world, with estimates of up to 30 million people taking part.
- Today, let our prayers be for peace in our world, and for all who work, campaign and advocate to make that a reality.

Friday 16th February

- Living, loving God, thank you for your love for me. Thank you that by your love, I am forgiven, accepted, set free.
- Help me to live a life that is not burned by my own guilt and shame, but rather is born of the freedom I am afforded by your love.
- This day, help me to spread my wings. Amen.

Saturday 17th February

- You might like to find some time today to hold a time of meditative prayer. Listen to some calming music, or to the sounds of nature – you could put these Taize chants on repeat if helpful: https://youtube.com/playlist?list=OLAK5uy_mFn0JrjSrVYPXJXOex1m8R3Tu1cS-cw_g&si=sru0jZX8U41cS_va
- In the stillness, listen for God's presence with you.