

The common theme of today's readings is metamorphosis or transformation.

The first reading describes the beginning of transformation of a pagan patriarch into a believer in the one God. Later on, in chapter 17, his name will be transformed from Abram to Abraham and God will make his first covenant to bless Abraham and his family.

In the transfiguration story in today's Gospel, Jesus is revealed as a glorious figure, superior to Moses and Elijah. Jesus took Peter, James and John three of his apostles and in front of their very eyes he got transformed or transfigured. The Apostles could see not only transfigured Jesus but also Moses and Elijah. Why did they have to be there with Jesus? The primary purpose of Jesus' transfiguration was to assure his chosen disciples that he was the true messiah. Jews believed that when the Messiah comes, he will be accompanied by Moses and the prophet Elijah will be his forerunner. That is why people thought about John the Baptist as prophet Elijah come back. So, here on mount tabor all the expectation of Jews for Jesus to be a messiah got fulfilled together with a clear theophany from heaven this is my beloved son.

We are not lucky like these three Apostles to have transfiguration experience on the top of the mountain. But we are also lucky to get the same experience during each Holy Mass.

In each Holy Mass our offering of bread and wine becomes the Body and Blood of Jesus under the appearances of bread and wine. Hence, just as the transfiguration strengthened the Apostles in their time of trial, each Holy Mass should be our source of Heavenly strength against our own temptations, difficulties and hardships of daily life. Holy Mass is also a source of renewal of our lives during Lent.

The second reading, from St. Paul's second letter to Timothy, explains the type of Lenten transformation expected of us. We need to transform our attitude towards others, we need to transform our families, how need to transform the ways how we deal with our family members, transform our ways of dealing with others, especially the poor and the needy. Often, we try to transform others. But first we have to transform ourselves. Pick one area in your life which needs to be transformed. And take a small step a baby step to transform that area. Then by Easter you could be ta totally transformed person. And once others see your transformation they will also begin to transform.

We are transformed when we recognize the hand of a loving, providing and disciplining God behind all our hardships, pain and suffering and try our best to grow in holiness by cooperating with the grace of God given to us through Jesus and his Gospel.