**Transfiguration: A Vision That Calls Us Down the Mountain**

**Scripture Reading: Luke 9:28-36, 37-43 (CEB)**

**Today is Transfiguration Sunday,** the day the Church commemorates Jesus’ transformation on the mountain, where He affirmed His identity as the Son of God. As we approach the season of Lent, beginning on Ash Wednesday, we enter a time of repentance and self-reflection for **40 days**, preparing our hearts for Easter. Over the next six Sundays, we will **journey** with Jesus, reflecting on His life and teachings. At this point in the Church **Calendar**, Transfiguration Sunday is a significant moment, reminding us of who Jesus is and what **our calling** is as **followers** of Jesus.

Throughout the **Gospels**, there is a series of divine revelations **about** Jesus. At His baptism, a voice from heaven declares, *“You are my Son, whom I love; with you, I am well pleased.”* (Luke 3:22). Later, in the synagogue at Capernaum, even a demon reveals Jesus’ identity, saying, *“I know who you are—the Holy One of God!”* (Luke 4:34). Now, at the Transfiguration, Peter, James, and John experience an even greater revelation: *“This is my Son, whom I dearly love. Listen to Him!”* (Luke 9:35). They not only hear the voice of God but also see Jesus shining in divine glory, alongside Moses and Elijah.

Jesus took Peter, James, and John up a mountain to pray. According to tradition, the Mount of Transfiguration is believed to be Mount Tabor, east of Nazareth, based on geographical references from Jesus' time. As He prayed, His appearance changed—His face shone, and His clothes became dazzling white. Suddenly, Moses and Elijah appeared. They were among the most significant prophets in Israel’s history. Both had a deep relationship with God, experiencing His presence in unique ways. According to tradition, neither of them faced a normal death—Elijah was taken up to heaven in a chariot of fire (2 Kings 2:1-12), and Moses was also taken directly by God, as recorded by the 1st-century Jewish historian Josephus.

Moses and Elijah—two great figures in Israel’s history—stood beside Jesus, discussing His coming departure in Jerusalem. However, it seems that the three disciples fell asleep while Jesus was speaking about His mission in Jerusalem, which reminds us of the time in the Garden of Gethsemane when the disciples also failed to stay awake while Jesus prayed. When they saw the glorious sight of Jesus' Transfiguration, they woke up. Peter, overwhelmed by the vision, wanted to build three shelters—one for Jesus, one for Moses, and one for Elijah. He wasn’t wrong to desire to remain in that sacred moment, but he failed to understand the bigger picture. The Transfiguration wasn’t just about experiencing God’s glory—it was about what came next. Yes, we see that they still longed for the glory of Christ in terms of political and military power, but they were not interested in a suffering Messiah. When the cloud lifted, Moses and Elijah were gone, and Jesus stood alone. A cloud overshadowed them, and God’s voice spoke: *“This is my Son, whom I have chosen; listen to Him.”*

**Understanding the Vision**

Moses and Elijah, two of the greatest figures in Israel’s history, stood beside Jesus, representing the Law and the Prophets. When the vision ended, Moses and Elijah disappeared, leaving only Jesus. The message was clear: Jesus is greater than the Law and the Prophets. Jesus is the fulfillment of God’s covenant and promises, bringing redemption to all. This was a defining moment. The disciples had questioned Jesus’ identity, and now they had their answer. But knowing who Jesus is was not enough. The voice from heaven gave them a command: *“Listen to Him.”* The disciples needed to focus on Him, not just the experience. And yet, even after witnessing this miracle, they struggled to understand. They didn’t fully grasp the meaning of Jesus’ mission—His suffering, death, and resurrection.

**Coming Down the Mountain**

Faith isn’t just about mountaintop experiences. Those moments when we feel close to God are wonderful, but they are not where we are meant to stay. **Jesus didn’t stay on the mountain.** He came down, back into the messy, broken world. The very next day, He encountered a desperate father begging for his son’s healing. The first thing Jesus did was heal a child tormented by an evil spirit. He showed His disciples what transformation looks like—not just a moment of divine light, but real change that touches and heals the world. The power of the Transfiguration is not just in the mountaintop experience, but in how it **transforms our daily lives** when we come down.

Someone mentioned the idea of **Spiritual Consumerism**—To explain this term in light of today's scripture, it would be the tendency for Christians to stay on the mountaintop, enjoying spiritual blessings and comfort without stepping out of their comfort zones to share those blessings with others. One author compared this to **spiritual obesity**—receiving without giving back. And spiritual obesity is a dangerous condition. It means we are only thinking about ourselves—just **me** and **us**. Just like **stagnant water** that goes bad over time, faith can become unhealthy if we keep everything to ourselves. To keep our spiritual life healthy, we must look beyond ourselves and we must let God’s blessings **flow outward** to others. That is the heart of today’s message and the spiritual journey we are called to walk during this season of Lent.

The Transfiguration loses its power if we don’t come down from the mountain. If we don’t allow this revelation to transform our actions, then we have missed the point. We need those glimpses of glory—those moments when we feel God’s presence so strongly that it takes our breath away. But we also need to come down from the mountain and live out what we’ve seen. **The Transfiguration isn’t just about Jesus being changed; it’s about us seeing differently, being changed, and then acting differently because of it.** It doesn’t matter how big or small a church is. What matters is having a big vision and a heart for God’s mission. That is how we truly become the church God wants us to be. And that is the direction our church must take today. We will not keep God’s grace within our walls but let it **flow outward** into our community and beyond.

A church doesn’t need to be big to make a big impact. Jesus started with just a small group of disciples, but they changed the world. A **faithful, serving church—no matter the size—can bring hope and transformation** to its community and beyond.

**Community Care and Support**

* **Senior-to-Senior Outreach**: Visit or call homebound seniors in the community who may feel isolated. Organize a “Companion Ministry” where church members check in on one another.
* **Prayer and Encouragement Cards**: Write letters or cards with uplifting messages for hospitals, nursing homes, or community centers.
* **Community Resource Hub**: Offer the church space for local senior support groups, grief counseling, or social services to meet.
* **Mentorship & Storytelling**: Elderly members can share life experiences and wisdom with young adults or local school students through mentorship programs.
* **Scholarship or Care Packages**: Support young students in the community with small scholarships or care packages during exam seasons.

The Transfiguration is not just about Jesus’ transformation—it’s about ours. Will we stay on the mountain, treasuring our private spiritual moments? Or will we follow Jesus down into the real world, where healing and hope are desperately needed? We are called to **share the grace we have received** with those who are suffering, to bring healing and restoration to those in need. This is our mission. This is what it means to truly follow Jesus—not just staying on the mountain but coming down into the world to bring his light, his healing, and his love.

God’s voice on the mountain was clear: **“This is my Son, whom I have chosen; listen to him.”** Listening to Jesus means more than just hearing his words—it means following his way. It means stepping into the places of need, bringing light into darkness, and allowing God to transform us so that we can help transform the world. Amen.