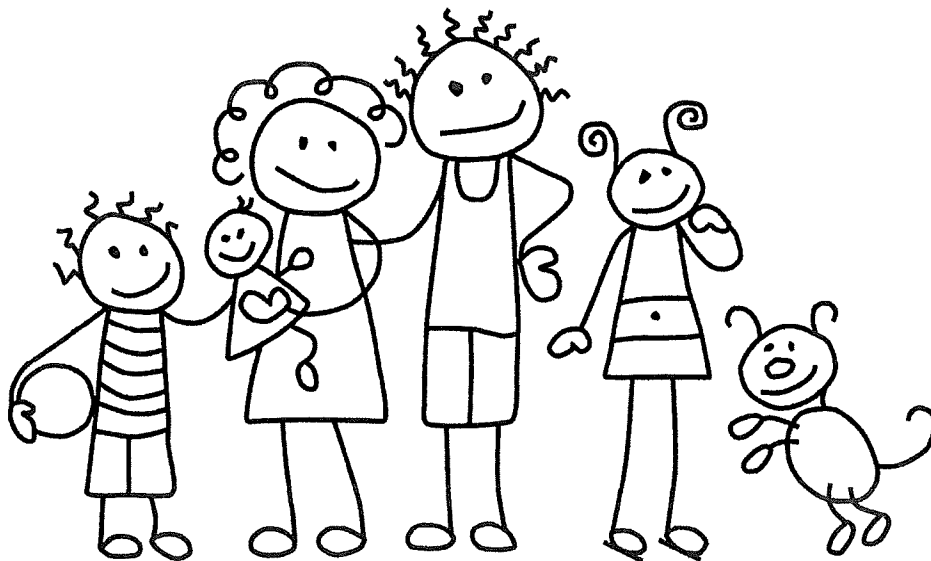


*Sunday
For
Families
at Home*



Resource Person: Canon Barbara Stewart 613-767-0956 jbstewart@cogeco.ca

TRANSFIGURATION SUNDAY

Directions: Read the scripture selected from the Revised Common Lectionary, perhaps before bed, in the morning, or during a family meal. Move through the discussion questions in one sitting or answer one a day to help reflect on the scripture throughout the week. End your time in prayer. This could be a simple ritual to incorporate into the week.

MARK 9:2-9

Six days later, Jesus took with him Peter and 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 one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

DISCUSSION QUESTIONS

1. What is a space you like to go to be alone with God?
2. Have you ever had a moment of transformation? What was that like?
3. Who are the ancestors that paved the way for you?
4. How can we make space and time for those who came before us?
5. Who in your life inspires you?

ANCESTOR TREE

Materials: Paper, pencil/pen, crayons (optional), markers (optional), stickers (optional)

In today's scripture, Jesus is transfigured with Moses and Elijah beside him. Moses and Elijah were prophets as well as ancestors. Ancestors are folks who came before us and inspire us to be our best selves. Here's an activity to help you connect with your ancestors:

1. Draw a line in the center of a piece of paper. Write your name on that line.
2. Think about your ancestors. They could be people you are related to, leaders and teachers in your life, historical figures, and even biblical figures. As you think of names, write them down on your paper in the space above your name.
3. Draw a tree around your name and the names of your ancestors. Draw a tree trunk around your name and leaves/branches around your ancestors' names.
4. Decorate your tree however you'd like. You can use crayons, markers, stickers, or whatever supplies you have to make it reflect who YOU are.

Hang up your ancestor tree in your room so that, whenever you wake up or go to sleep, you remember those who came before you and how your life is connected to theirs. Let it inspire you to be the best you can be every day.

PRAYER

Transforming God, you are with us as we change and grow into our best selves. You connect us to those who came before us and uplift us today. Help us be the people you call us to be.

Amen.

And there **APPEARED** to them

ELIJAH & MOSES

who were **TALKING** with **JESUS**,

THEN

PETER said to **JESUS**,

“**RABBI**, it is **GOOD** for **us**
to be **HERE**;

let us make **DWELLINGS**,

ONE FOR YOU, ONE FOR MOSES, ONE FOR ELIJAH.”