



# LISTEN TO JESUS

Luke 9:28-36

*Transfiguration*

**Disciples** – mountain top experience, wanted to stay there

**Jesus** goes up the mountain > transfigured > then comes down to be with us > transforms our darkness into hope

**God** comes to us in our fears, surrounds us like a cloud, speaks to us “Listen to him”

## **LENT**

*Wed 6 March – Sat 20 April*

**L**isten to Jesus

*look, listen, see Jesus in others*

**E**xpress gratitude

*today I am grateful for ...*

**N**ourish your mind, heart, soul

*Bible, prayer, hear from others*

**T**ransform darkness into hope

*kindness, care, showing hope*

A voice came from  
the cloud, saying,  
"This is my Son,  
whom I have chosen;  
listen to him."  
Luke 9:35