

YEAR 3 - LESSON 5 - CATECHIST GUIDE WK. 1



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

LIFE OF CHRIST: THE LUMINOUS MYSTERIES

TOPIC: THE TRANSFIGURATION

LESSON 4 REFERENCES:

Sacred Scripture

MT 17:1-8
(MK 9:2-8 & LK 9 28-36);
2 PT 1:17-19;
IS 42:1

CATECHISM OF THE CATHOLIC CHURCH NOS. 568

CREED

nos.

440,
528,
554-
556,
697,
742

LITURGY

nos.

1265,
1279,
1303,
1404-
05

LIFE

nos.

1691-98,
1701,
1709

PRAYER

nos.

2565,
2576,
2583,
2598,
2600,
2620

MATERIALS

- Bible
- Blessed chalk & Holy Water (supplied by parish to be used during Week 2)
- [Transfiguration Coloring sheet](#) by CatholicDesign.
- Crafts & crayons or colored pencils (can be used at any time during session)
- [Transfiguration of Jesus Sun Catcher](#) Craft
- printable image printed on stock paper
- wax paper (slightly smaller in size than the printable image)
- tape, & scissors
- [More craft ideas](#)

OPENING PRAYER

Lord Jesus Christ,
We entrust our family to You and ask for
Your blessing and protection. We love You
Lord Jesus with all our hearts and we ask
that You help our family become more like
the Holy Family. Help us to be kind, loving,
and patient with one another. Give us all the
grace we need to become saints and Your
faithful disciples. Amen.

Goals:

- Families will share about the gifts of love that they give during Christmas.
- Families will learn about the Transfiguration of Jesus.
- Family members will tell each other about the qualities or gifts each possess that help show he/she is a beloved child of God.

ICE BREAKER

THE GIFT OF GIVING

This is the first time that the families have gathered together since Christmas. Instead of focusing on what gifts they received this year, family members take turns inviting each person to share something they gave.

- What gifts did they give to their family and or friends?
- Did they or are they planning to make a special donation to a person or organization?
- How do they feel when they give to others?



TEACH

1. Hook/Question

Write the word “Transfigure” on a board so it can be seen, or use the FFD ppt slide.

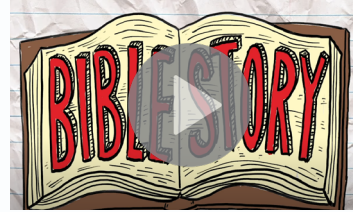
Ask: What does the word “Transfigure” mean? (Give time for responses)

Answer: To change the form or appearance of and usually make more glorious or ideally beautiful. (Merriam-Webster)

2. Introduce Topic

Explain: While we watch this short video, look for who was transfigured. In the story, whose appearance changed and was made glorious or beautiful? Why was that person transfigured? What do you think it meant?

THE TRANSFIGURATION OF JESUS
BIBLE STORY | Kids on the Move (3 min)



3. CONTENT

Ask: Who was transfigured in the story? How did He look? Why do you think Jesus was transfigured?

Invite: Please open your bibles and turn to **Matthew 17**.

Explain: When we look at the stories in the Bible that come before the Transfiguration, we see that, at that time, Jesus had begun to tell his disciples He was going to suffer, die and rise again. He wanted to prepare them for what was coming.

Ask: Do you see any stories or headings in Matthew 16 that show this?
Possible Answers:

- The Cross and Self-Denial (Mt 16:24-28)
- Jesus Foretells His Death and Resurrection (Mt 16:21-23)



Jesus knew that his disciples loved Him and that they would be devastated when He was killed. They would be confused, have doubts and be terribly sad. God wanted to give them something to remember, a holy vision that the apostles could hold onto during his crucifixion and the three days when His body would lie in the tomb, before He raised it from the dead. Jesus understood how His apostles would grieve and need encouragement when He died. So, beforehand He gave them the sight of His glorified body at the Transfiguration and the words of God the Father, “This is my beloved Son with whom I am well pleased; listen to him” (Mt 17:5). In the sadness of that hour of Jesus’ death, this heavenly vision would give them hope. After Jesus rose from the dead, they would know who Jesus really is, our Savior! They would remember and understand that God had given them the grace that would strengthen them as they walked through the darkness of Jesus’ Passion and Death, and into the light of Jesus’ Resurrection, Ascension and Kingship at the right hand of the God the Father.

CONTENT CONTINUED:

Read: [Matthew 17:1-9](#)

Watch: The Transfiguration: You are My Beloved
One-Minute Homily



4. FAMILY CONVERSATION

Have families sit in a circle. Each person identifies one or two qualities (or gifts) about the person on his/her righthand side that help show he/she is a beloved son or daughter of God. (*Note for catechists:* Emphasize that such qualities or gifts are signs of God's love for us. In other words, God doesn't love us because we have some quality or gift. His love precedes or is at the basis of every good quality, gift, and virtue we have. Being a beloved son or daughter of God our Father is the core of who we are in Jesus Christ by the power of the Holy Spirit – see Rom 8:12-17.)

FAMILY ACTIVITY

[Transfiguration of Jesus Sun Catcher](#) Craft by Catholic Design

This “sun-catcher” is meant to resemble the gleaming white light that Jesus had shown on the mountain during His transfiguration (**his face shone like the sun and his clothes became white as light**). Mt 17:2



5. MISSION

1

First, Introduce Mission Activity

Introduce Mission Activity to be done at home during Week 2 and to be shared at the gathering of families on Week 3

2

Second, Explain Activity

Your Family At-Home Mission is to watch the videos about the Transfiguration of Jesus, and read the article on the Epiphany. Then, together as a family, mark the mantle of your front door with chalk (blessed, if possible) and pray the Family Epiphany Blessing. Be ready to share your Family Epiphany Blessing experience, as well as your front door mantle (take a picture) at Week 3's gathering of families. (Family Mission Activities adapted from Catholic Digest)

3

Last, Model for Families

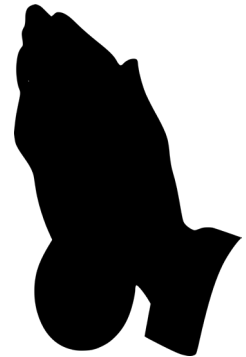
Show families how you marked your own front door mantle with chalk.
(Use a picture or video as necessary)

6. REVIEW & CLOSE IN PRAYER

Jesus, how good it is to be here with You. Let us never lose sight of Your glory. Let us live in Your presence forever.

We ask all this in the name of the Father and of the Son and of the Holy Spirit. Amen.

from [*The Word Among Us*](#)



REMIND

Remind families about the next meeting date and time.



SUPPORTING QUOTES FROM CHURCH DOCUMENTS

Pope Francis, Angelus (March 17, 2019):

The Transfiguration occurs at a precise moment in Christ's mission, that is, after he has confided to his disciples that he would have to "suffer many things, [...] be killed, and on the third day be raised" (v. 21). Jesus knows that they do not accept this reality — the reality of the Cross, the reality of Jesus' death —, and so he wants to prepare them to withstand the scandal of the passion and death on the Cross, so that they may know that this is the way through which the heavenly Father will lead his Son to glory; by raising him from the dead. And this will also be the way for the disciples: no one can reach eternal life if not by following Jesus, carrying their own cross in their earthly life. Each of us has his or her own cross. The Lord reveals to us the end of this journey which is the Resurrection, beauty: by carrying one's own cross.

Pope St. John Paul II, General Audience (April 26, 2000):

All that was mysterious foreshadowed in the Transfiguration on Tabor becomes a reality in the resurrection. At that time the Savior revealed to Peter, James and John the miracle of glory and light sealed by the voice of the Father: "This is my beloved Son!" (Mk 9:7).

Catechism of the Catholic Church, no. 556:

On the threshold of the public life: the baptism; on the threshold of the Passover: the Transfiguration. Jesus' baptism proclaimed "the mystery of the first regeneration," namely, our Baptism; the Transfiguration "is the sacrament of the second regeneration": our own Resurrection. From now on we share in the Lord's Resurrection through the Spirit who acts in the sacraments of the Body of Christ. The Transfiguration gives us a foretaste of Christ's glorious coming, when he "will change our lowly body to be like his glorious body." But it also recalls that "it is through many persecutions that we must enter the kingdom of God":

Peter did not yet understand this when he wanted to remain with Christ on the mountain. It has been reserved for you, Peter, but for after death. For now, Jesus says: "Go down to toil on earth, to serve on earth, to be scorned and crucified on earth. Life goes down to be killed; Bread goes down to suffer hunger; the Way goes down to be exhausted on his journey; the Spring goes down to suffer thirst; and you refuse to suffer?" (St. Augustine).