

Eucharistic Reflection

Transformed in Christ

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(Feast of the Transfiguration of Our Lord)

1.) Sunday, Aug 6, we celebrate the Transfiguration of Our Lord. In Matthew's Gospel, Our Divine Savior takes Peter, James, and John up on a mountain and transfigured before them.¹ What does “*transfigured*” mean? To be transfigured means to be transformed, to give a new form and appearance. In the Gospel for this coming Sunday, Our Lord gives the three Apostles a glimpse of the glory and majesty He will enjoy in heaven.

2.) Why did the Lord do this? What does His transfiguration mean to us? Christ was about to enter His Passion and death. He knew that the coming trials would frighten the disciples and shake their faith². So, to strengthen the faith of the Apostles, Jesus revealed the glory of his resurrection and ascension to them. In a real sense, Jesus, the Lord, is anticipating their trials, not just His. Jesus reveals that His death and suffering are not the end of a failed experiment. Our Lord will conquer death and suffering. His glorified life in heaven and presence on earth is what awaits us.

3.) How does this Gospel reading connect to the Eucharist? The Catechism defines the Eucharistic sacrifice as a “*pledge of future glory, a sign of unity and a bond of charity.*”³ In the Eucharist, the bread and wine are transfigured and reveal Christ, the Son of God. Our Divine Lord is present in the Sacrament of the Altar to strengthen, encourage and transform us. Our Eucharistic Lord reveals our future destiny to be united to the Son, bound in the Holy Spirit for the glory of the Father.

4.) In the Eucharist, Christ the Risen Lord, unites us to Himself before the Eternal Father. Through Christ, in the Holy Spirit, God the Father wishes to transform our hearts and minds. Our Father in Heaven wants to purify our souls into the glorified image of His Son. The Sacrament of the Altar is a pledge or promise of divine grace, without which no transformation is possible. The bread and wine are transformed into Jesus' body, blood, soul, and divinity. By receiving the sacrament, we are further united to and strengthened by Jesus' life.

5.) As often as we have received Our Lord, have we considered what transformation or transfiguration Jesus wants to accomplish in our lives? How and where has the Lord transformed your life? Where do we need the Lord to transform our doubts into faith and our fear into hope? In the last article, I

¹ Matt 17:1-2, Ignatius Study Bible, New Testament, RSVCE-2nd Edition, Ignatius Press, 2000

² Matt 17:1-9, Navarre Bible Commentary, Gospel of Matthew

³ Catechism of the Catholic Church, #1323. <https://www.usccb.org/sites/default/files/flipbooks/catechism/336/#zoom=z>

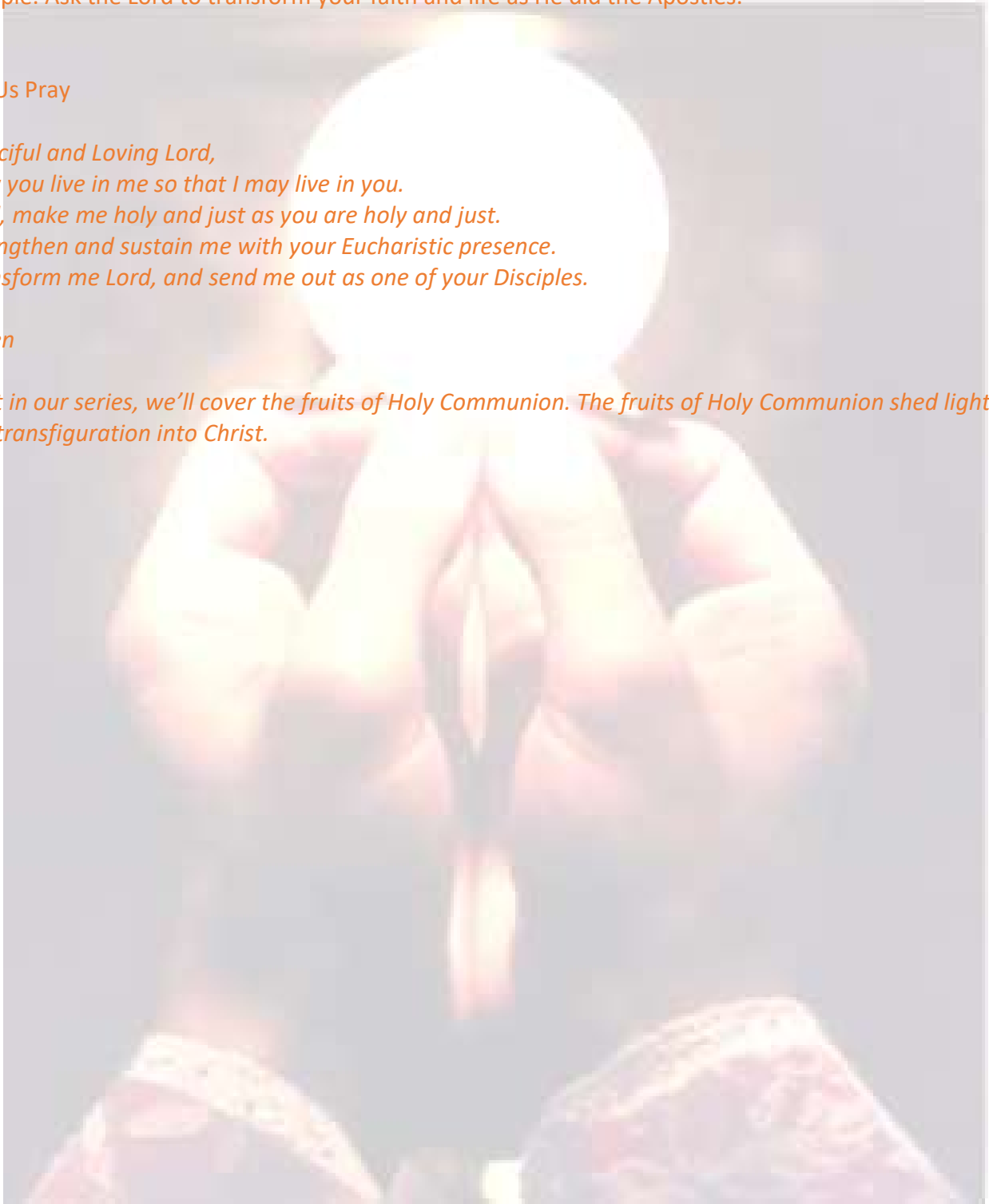
compared the Eucharist to looking face of Christ.⁴ Our Lord revealed His glory to strengthen the Apostles for their future mission to bring the truth of Christ to the world. When you receive communion, look the Lord Jesus in the face and ask Him to reveal your purpose and mission as a disciple. Ask the Lord to transform your faith and life as He did the Apostles.

Let Us Pray

*Merciful and Loving Lord,
May you live in me so that I may live in you.
Lord, make me holy and just as you are holy and just.
Strengthen and sustain me with your Eucharistic presence.
Transform me Lord, and send me out as one of your Disciples.*

Amen

Next in our series, we'll cover the fruits of Holy Communion. The fruits of Holy Communion shed light on our transfiguration into Christ.



⁴ Looking into the Face of Christ, Eucharistic Reflection, June 10, 2023. <https://stjosephcecilia.com/eucharistic-revival-2023-2034>