

Lent often exposes the tension between who we are and who we are learning to become. For adult children of dysfunctional homes, growth can feel uneven. There may be moments of clarity when we recognize unhealthy patterns and glimpse a new way of living. Then we return to familiar environments where old instincts resurface. Recovery teaches us that progress is not measured by perfection, but by continued willingness.

This Sunday's gospel reading presents the Transfiguration, a moment when Jesus reveals his glory to Peter, James, and John before they descend the mountain and continue toward the cross (Matthew 17:1-5):

*Jesus took Peter, James, and John his brother, and led them up a high mountain by themselves. And he was transfigured before them; his face shone like the sun and his clothes became white as light. And behold, Moses and Elijah appeared to them, conversing with him. Then Peter said to Jesus in reply, "Lord, it is good that we are here. If you wish, I will make three tents here, one for you, one for Moses, and one for Elijah." While he was still speaking, behold, a bright cloud cast a shadow over them, then from the cloud came a voice that said, "This is my beloved Son, with whom I am well pleased; listen to him."*

Peter wants to stay on the mountain. He wants to preserve the experience of light and certainty. For adult children, this desire can echo our longing for

safety and stability. When insight comes or when we experience emotional clarity, we may wish to hold onto it tightly. Yet growth requires returning to ordinary life with that insight in hand.

The voice from the cloud does not instruct the disciples to build tents. It calls them to listen. Recovery for adult children often centers on relearning how to listen: to God, to healthy community, and to our own internal experience. Many of us were conditioned to ignore our feelings or override our needs. Listening can feel unfamiliar and even risky.

The Transfiguration occurs after Jesus speaks about suffering. Peter resisted that message. He preferred glory without cost. In our own journeys, we may wish for healing without discomfort. Yet reparenting and boundary work often involve facing fear, disappointment, or grief that was long buried.

Taking up our cross daily might mean speaking honestly instead of people-pleasing, resting instead of overfunctioning, or asking for help instead of handling everything alone. These choices can feel small, but they gradually reshape our identity.

The light on the mountain reminds us that our story does not end with dysfunction. We are beloved sons and daughters of God. Lent invites us to carry that identity back into everyday life, trusting that Christ walks with us through each step of growth.

We do not remain on the mountain. We descend with hope, listening for God's voice and trusting that transformation unfolds one faithful choice at a time.

## REFLECTION QUESTIONS

- When have you experienced moments of clarity in recovery that felt like standing on a mountain?  
\_\_\_\_\_
- Where do you struggle to carry that insight back into daily life?  
\_\_\_\_\_
- What might listening to Christ look like as you navigate old patterns this season?  
\_\_\_\_\_

## MASS READINGS

**FIRST READING** Genesis 12:1-4

**RESP. PS.** Psalm 33:4-5, 18-19, 20, 22

**SECOND READING** 2 Timothy 1:8b-10

**GOSPEL** Matthew 17:1-9

