

# SECOND SUNDAY OF LENT

Lent reminds us that spiritual growth unfolds over time. For those who love someone struggling with addiction or dysfunction, that growth can feel uneven and unpredictable. There may be brief moments of clarity, peace, or restored connection that give us hope. Then we return to ordinary life, where uncertainty and vulnerability remain. Recovery teaches us not to measure progress only by dramatic change, but by steady trust in God.

This Sunday's gospel reading brings us to the Transfiguration, a moment when Jesus allows three disciples to glimpse his glory before they descend the mountain and continue the journey 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 remain in the safety and brilliance of the moment. He wants to build tents and stay on the mountain. For family members and friends, this desire

can feel familiar. When things seem stable, when a loved one is doing well, when peace briefly settles over the household, we may wish to freeze time. We may fear the descent back into uncertainty.

Yet the voice from the cloud redirects the disciples. "Listen to him." The invitation is not to preserve the experience, but to remain attentive to Christ. Recovery for family members and friends follows a similar path. We are not called to secure outcomes or guarantee lasting stability. We are called to listen, to pray, and to trust God in each new moment.

The Transfiguration comes shortly after Jesus tells his disciples that suffering lies ahead. Peter had resisted that truth. He wanted glory without cost. In our own journeys, we may wish for healing without discomfort. We may hope that our loved ones will change quickly and that our own fear will disappear. Yet growth often includes learning to live faithfully in the midst of uncertainty.

Taking up our cross daily, in this context, might mean setting boundaries even when it feels uncomfortable. It might mean stepping back instead of intervening, choosing serenity over anxiety, or admitting that we are not in control. These choices are rarely dramatic. They are steady acts of surrender that shape our freedom over time.

The Transfiguration assures us that suffering is not meaningless. The light revealed on the mountain points toward resurrection. As we remain rooted in prayer, fellowship, and trust, we discover that our

peace does not depend on another person's progress. It rests in Christ.

Lent trains us to carry hope without clinging to outcomes. We are invited to cherish moments of grace, but not to build tents around them. Instead, we descend the mountain with renewed trust that the same Lord who reveals his glory also walks with us through the valleys.

## REFLECTION QUESTIONS

- When have you experienced a "mountaintop" moment in your journey with a loved one that gave you hope?
- Where are you tempted to cling to a sense of control instead of listening to Christ?
- What might taking up your cross daily look like in your relationships 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

