**A special Lenten fast**

Give up harsh words: use generous ones.

Give up unhappiness: take up gratitude.

Give up anger: take up gentleness and patience.

Give up pessimism: take up hope and optimism.

Give up worrying: take up trust in God.

Give up complaining: value what you have.

Give up stress: take up prayer.

Give up judging others: discover Jesus within them.

Give up sorrow and bitterness: fill your heart with joy.

Give up selfishness: take up compassion for others.

Give up being unforgiving: learn reconciliation.

Give up words: fill yourself with silence, and listen to others.

*Anonymous, Latin America*

**The Transfiguration of the Lord**

It appears that Jesus’ evangelizing mission was at a critical point for his followers. Those who awaited a powerful and authoritarian Messiah were confused by what Jesus was really like. Meek and humble of heart, he had to conquer the world by his death – and not just any, but the worst possible death, reserved for criminals. Perhaps this is why Jesus considered it necessary to appear to them in all the splendor of his divinity in the transfiguration.

The additional courage that Jesus gave his disciples to strengthen their faith was evidence enough for them. We, however, know that Jesus is true God and true man who died and rose on the third day, that he is and forever will be God of the living and not of the dead. We know this through our faith, through the teachings of our parents and our Church and moreover through all the constant demonstrations of his love in our lives.

Will we still continue to wait for extraordinary signs to believe in Jesus?