

# Reflection 3

This week's reading narrates the story of the Transfiguration of Jesus. Peter, James and John go with Jesus up a high mountain and there see him totally transformed by God's presence.

Up there with Jesus, they have a view "up above" which is very different to that "down below." Views from the mountaintops allow us to see into the far distance; it gives us a new perspective.

We frequently need to see things differently. We can become blinkered and entangled in our view of others and ourselves or of the circumstances in which we find ourselves. We can become ground down and limit ourselves so that we miss opportunities to grow and change.

God offers us the view from the mountaintop. It's a view formed in God's nature of love. When we know we are deeply loved and valued for whom we are, loving others becomes a more natural response. While our circumstances may not change, we find new ways of viewing them and new ways forward that are held in God's wisdom, forgiveness and love.

