

Lent: a Journey of Transformation

On the mountain of the Transfiguration, Jesus is revealed in glory to Peter, James, and John (Mt 17:1-9). The Church places the transfiguration as the true meaning of Lent. It reveals what Lent is really for. Lent is not merely a season of restraint or moral improvement; it is a path of transformation – from who we are into who God calls us to become, it is a process of becoming. On the mountain the true identity of Jesus is revealed.

The story of Abraham (Gen 12:1-4), in the first reading, teaches us that lent is not about self-denial for its own sake but about creating space for God to reshape our direction. Abraham receives God's call, "Go from your country", and he leaves. That represents the first movement of transformation, the courage to leave behind the familiar and allow God to redefine his future. Transformation begins when faith dares to move, "leave" you comfort zone, even before results are visible. The lent invites us to let go of securities, and attachments that keep us static.

Paul's life demonstrates what happens when Lenten transformation happens. He is a man transformed by Christ's victory over death (2Tim 1:8-10). Lent teaches us to approach suffering differently. It trains us toward inner freedom, where faith is no longer fragile, defensive, or ashamed. The Transfiguration of Jesus teaches us that the key to transformation is the Father's command, "Listen to Him" (Lk 17:5). (Called to Listen by Sr Veronica) Transformation comes from sustained listening to God's words and not from extraordinary experiences. Abraham listened and walked; Paul listened and endured; The disciples listened and followed. Lent sharpens our ability to listen by silencing internal and external noise and by prompting obedience over impulse, thereby gradually aligning our will with God's will.

In the Transfiguration, the disciples are given a glimpse of what lies beyond the struggle. The brilliance of Christ's face reveals the destiny of humanity when fully aligned with God. They see the glory that suffering does not destroy. Yet, Christ's glory is momentary and veiled again to teach us that transformation does not bypass the cross, but passes through it. Lent invites us to accept that our present efforts – fasting, prayer, reconciliation – are not losses but seedbeds of glory. We live in a world that trusts what can be seen, measured, and displayed. But the most decisive transformations in life happen out of sight, beneath the surface and show itself quietly in patient relationships, in honest decisions, in faithful prayer and charity. Even as a diamond is formed by years of pressure underground or like a butterfly sealed inside a chrysalis, transformation in our life happens where no one is clapping, watching, or congratulating.

Lent is a journey toward Easter, marked by trust, courage, and attentive listening. In the quiet of prayer and the discipline of Lent, we encounter Christ anew. Listening to Him transforms our approach to suffering, service, and sacrifice. Our Lenten practices – fasting, almsgiving, prayer – lead us to deeper confidence in the risen Christ who redeems all things. The journey is not yet over, and honestly, not easy. However, Christ is with us. So, He encourages and tells us: "Do not be afraid".