

Lent Week 2: The Transfiguration

Light for the road ahead

Ages about 7-11 | Video 1:46 | Group lesson about 25-35 minutes

Central truth Peter, James, and John see Jesus' glory on the mountain and hear the Father call them to listen to his Son.

Learning goals Name the three disciples; recall the Father's invitation to listen; and identify a truthful source of hope in a difficult moment.

Gather Video access, one handout per child, pencils or crayons, and a Bible.

Watch online [Open this video on Servus Dei](#)

Before watching | 2 minutes

Ask what encouragement helps before a hard task. Watch what Jesus reveals to his friends before they continue the road.

Watch and notice

Notice the climb, Jesus shining with light, the voice from the cloud, and the disciples returning down the mountain.

Talk together | 6-8 minutes

1. Which disciples went with Jesus?

Peter, James, and John. The reflection follows their quiet mountain journey.

2. What changed as they watched Jesus?

His appearance shone with glory and his clothes became bright. They glimpsed who he truly is.

3. What did the Father tell them to do?

Listen to his beloved Son. The vision called them toward faith, not simply admiration.

4. How can a good reminder help during difficulty?

Remember a Gospel promise, a prayer, or support from someone trustworthy. Hope does not mean the difficult road disappears.

Then respond and pray Allow 6-8 minutes for a handout or the activity on page 2; finish with the closing prayer.

Lead the response

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Short family lesson Watch the video, choose one recall question and one application question, then pray. About 12-18 minutes; the handout is optional.

Choose a handout

Draw & Tell Draw the disciples seeing Jesus' glory on the mountain. Then draw a truthful reminder of hope for a difficult day. Accept an oral explanation.

Read & Write Recall the story, explain its central teaching, then apply it through a specific choice.

Adapt by readiness

Ages 7-8: draw or dictate answers; revisit the named story moment together.

Ages 9-11: explain the connection between the story detail and the planned response.

Light to remember | Optional 4 minutes

Draw a mountain and a path continuing down. At the top write Listen to Jesus. Along the lower path place three reminders: a Gospel word, a prayer, and a trusted helper. Choose one reminder to keep on a small card for a difficult school or family moment.

Look for understanding Look for the named story details in the answers and a practical response connected to Jesus' glory and listening with hope.

Closing prayer Jesus, help us listen to you. Give us hope and courage for the road ahead. Amen.

At home Share your reminder card and read Matthew 17:1-9 with an adult.

Handout answer notes Peter, James, John. The Father calls them to listen to his Son. Accept a Gospel truth, prayer, or reliable helper rather than a promise that nothing hard will happen.

Teach with care

Provide paper and pencils. Preview the video and invite children to ask questions or pass. The video is a focused reflection, not an exhaustive retelling of Matthew 17; it omits Moses and Elijah. Ordinary feelings of peace differ from the unique Transfiguration. Faith does not require a dramatic experience.

Words to explain Transfiguration: Jesus revealing his glory to the disciples. Glory: the radiance of God's greatness. Listen: attend to Jesus' words and follow him.

Sources for the leader

Story source: [Servus Dei video and English transcript](#)

Background: [Matthew 17:1-9: the Transfiguration](#)

The mountain and the road

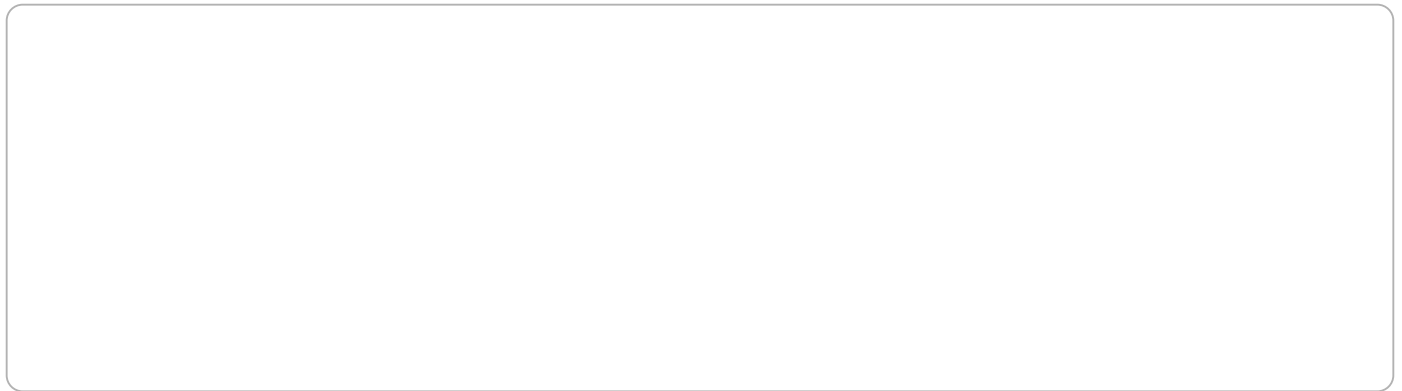
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Peter, James, and John see Jesus' glory on the mountain and hear the Father call them to listen to his Son.

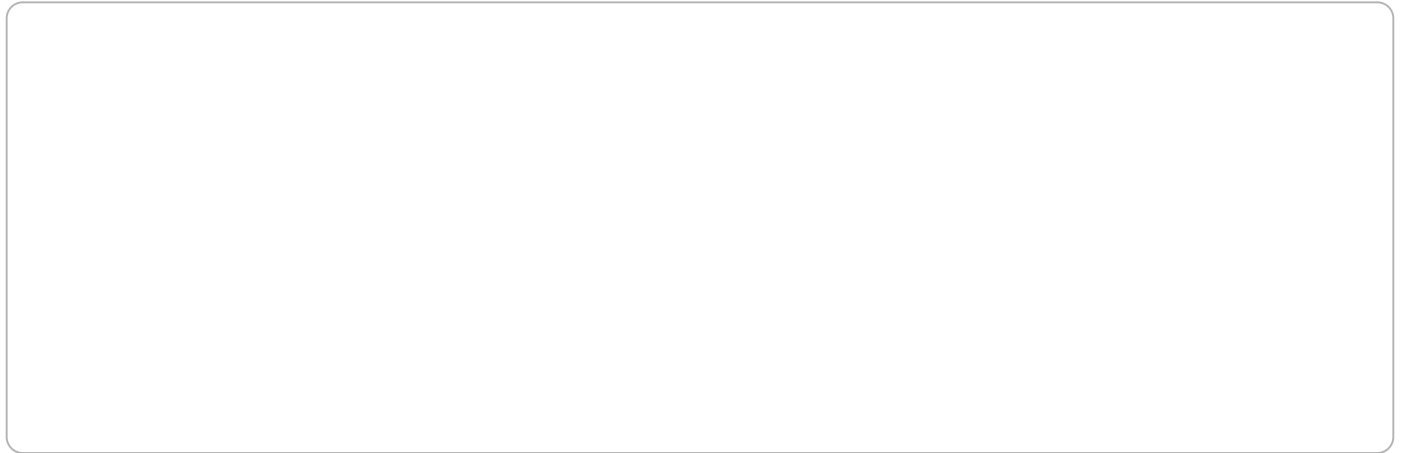
Name _____

Adult helper Read aloud. Invite drawing, pointing, or spoken answers. Writing is optional.

1 Draw the disciples seeing Jesus' glory on the mountain.



2 Draw a truthful reminder of hope for a difficult day.



Tell What did the disciples hear? How might your reminder strengthen you?

Pray Jesus, help us listen to you. Give us hope and courage for the road ahead. Amen.

At home Share your picture and one thing you learned about God or following Jesus.

Listen to the beloved Son

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Light for the road ahead. Remember, explain, and respond.

Name _____

1 Remember

Who followed Jesus up the mountain?

The disciples were ...

2 Explain

What did the Father ask them to do?

The Father said to ...

3 Respond

Name a true reminder of hope you can keep.

I can remember ...

Pray Jesus, help us listen to you. Give us hope and courage for the road ahead. Amen.

Go deeper How is listening to Jesus different from only admiring a wonderful moment?