



The mountain on which the Transfiguration of Christ takes place is historically considered to be Mount Tabor. The letters of Tabor can provide us with guidance in how to move deeper into our Lenten journey.

As we learned in the first week of Lent, the three pillars of this season: (a) prayer, (b) fasting, and (c) almsgiving; are meant to create within our hearts, lives, and souls; an opening for God's grace, love and mercy. Looking at the letters of T-A-B-O-R as a mnemonic for our continued Lenten practices.

(T) God desires to **TRANSFORM** us through His grace, love and mercy.

(A) We need to **ALLOW** God's grace, love, and mercy into **ALL AREAS** of our lives.

(B) Our **BAPTISM** not only calls us to be transformed in Christ, but provides us the supernatural graces of Faith, Hope, and Love which allow us to become, in fact, the daughters and sons of God.

(O) None of us are perfect - and while it's **OK** to be a sinner, it is not **OK** to live an intentional life of sin.

(R) We must **REPENT** of our sins, **RECONCILE** with God and with one another, and **RETURN** to God with our whole heart, mind, and soul.

And that is the "lesson" of TABOR. Christ's transfiguration calls us to a deeper realization of God's will, call, and plan in our lives. God does the heavy lifting if we give him the room to act every moment of every day in us.