



## Listen to Him

(based on Matthew 17:1-9)

Jesus called to his friends Peter, James, and John, “I’m going to climb a mountain to pray, and I want you to come with me.” Jesus’ friends looked at each other and then looked at the mountain. It was very high, and it would be a very long climb. What would they do when they reached the top?

So off they set. Up, up, up they climbed. It was a very long climb. Finally, they reached the top. Peter, James, and John wondered what they would do now. Had they come all this way to pray?

Suddenly something incredible happened. Jesus changed. As the disciples watched, they saw Jesus’ face begin to shine like the sun. His clothes glowed with a dazzling light.

All at once two people suddenly appeared out of nowhere and started to talk to Jesus. It was the prophet Elijah and the great leader Moses. The disciples had heard many stories about the two heroes from long ago. Now they were here on the mountaintop.

It was an incredible moment.

At that very moment, a bright cloud covered them. From deep inside the cloud, there came a voice. God was on the mountaintop.

“This is my child. I have chosen him, and I love him. Listen to him!”

The disciples were scared. They fell to the ground and covered their faces with their hands.

Then Jesus came over and touched them. “Get up,” he said gently. “Don’t be afraid.”

The three disciples sat up. Everything had gone back to normal.

The dazzling light was gone. Moses and Elijah had left. They were alone with Jesus.

As they came down the mountain, Peter, James, and John were silent. They were thinking about their incredible experience. They didn’t understand what had happened. Still they knew two things for sure.

Jesus was unique. And God had told them to listen to him.



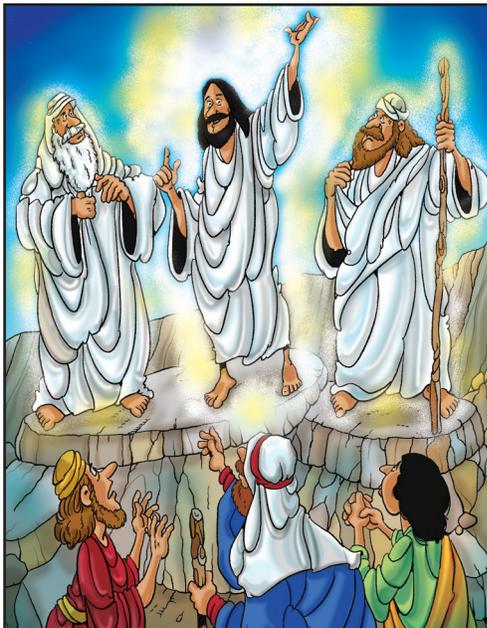
## Listen to Him

(based on Luke 9:28–36)

Use one or more activities from each section to explore grace and gratitude with your children this week.

### Recognizing God's Grace

- Read and enjoy the story with your children—imagine and wonder.
- Imagine and describe what Jesus looked like when he was transfigured.
- Wonder together what the disciples may have asked Jesus on the way back down the mountain. Wonder what we would have asked Jesus if we had been there.
- Comment that listening to Jesus is different from listening to a parent, teacher, or coach. Listening to Jesus is going to take some special effort on their part. Talk about ways you can listen for Jesus at home and at school.



### Responding to God's Grace

- Locate and listen to a recording of a song about Jesus' light, such as "Shine, Jesus, Shine." You can also sing "This Little Light of Mine" to remind each other that Jesus wants us to shine too.
- Look at photographs of you and your child in different locations. Discuss the places you find yourself closest to God. In the Bible, God often meets people on mountaintops, but God may be found anywhere. Share your favorite places to be closest to God.
- Play a recording of nature sounds. Play each sound one by one and guess what each sound is. Ask everyone to talk about how they can hear God in the sounds of God's creation.
- Memorize a verse. Use a wastebasket and a soft foam ball. Take turns throwing the ball into the basket. Challenge each shooter to repeat the following verse from memory before they shoot: "This is my Son, my Chosen. Listen to him!" (Luke 9:35)

### Celebrating in Gratitude

- We are beloved children of God! Help everyone make tags about their identity. Ask them to write their names on a card and add, "I am a beloved child of God." Have them decorate the cards. Place the tags where they will be seen each day.
- Pray this prayer each day this week.

*O God, shine your love and grace into our hearts so we can shine and draw people to Jesus, the light of the world. Amen.*