

GOD MOMENT

When I was a young student taking courses at the University of Kansas, I studied the psychology of Abraham Maslow who was a very famous at that time and his theories are and remain highly respected to this day.

Psychologist Abraham Maslow tells this story of a young mother. One morning she was getting breakfast for her young family. The kitchen was filled with sunlight, her children were laughing and talking, and her husband was playing with the littlest one. As she scurried about spreading jam on toast and pouring orange juice, she was suddenly overwhelmed with joy and love for her family. Tears filled her eyes and she became so choked up that she could hardly speak.

Maslow calls such a moment as this a peak moment. As a deacon, I have learned to think of these as GOD MOMENTS. It's a moment when we see an ordinary event in an extraordinary way. It's a moment when God seems to shine through the things around us.

The idea of a Peak God Moment helps us understand what the disciples Peter, James, and John experienced in today's gospel. They experienced an intimate moment of relationship with the Lord.

For a few precious minutes, they saw Jesus in a totally different way.

For a few precious minutes, they saw God shine through the external person of Jesus. Why isn't it placed among the glorious readings of the season of Easter?

Perhaps Peter, James, and John needed a spiritual shot in the arm after Jesus' shocking revelation to them. Perhaps they needed a Peak God Moment. Perhaps that's also why the Church puts the transfiguration among the somber readings of Lent. The Church wants to give us a shot in the arm before it turns our attention to the suffering of Jesus on Good Friday. Holy Mother Church wants to give us something to hold on to during the painful hours of Jesus' suffering and death on the cross. I have no way of knowing what painful things are in your life. We all encounter challenges. We all are called to the journey of holiness.

Regardless of our pain and flaws, Jesus has promised He would always be with us. Each of us have daily encounters of moments with God when He is speaking to us, encouraging us, comforting us, and telling us of His love. But we often miss these moments. These gifted occasions of grace can escape us. For you see, most of these God moments are subtle, hardly noticed unless we greet them with welcoming hearts. I can promise you that the spark of God is in us throughout the highs and lows of our lives. There are transfiguration moments in our lives if only we attend to them.

This Lenten Season is a time for listening. If we respond to these break through GOD MOMENTS with prayer, then like Jesus during his transfiguration, we too will hear what God has to say to us. In these moments, we will experience the Father's healing hand.

When you do this, you will know that....

YOU ARE LOVED,

Deacon Dan