

**Listen to the ancient hymns of the  
Transfiguration of Our Lord.**

**The Kontakion:**

On the Mountain You were Transfigured, O Christ God,  
And Your disciples beheld Your glory as far as they could see it;  
So that when they would behold You crucified,  
They would understand that Your suffering was voluntary,  
And would proclaim to the world,  
That You are truly the Radiance of the Father!



**Troparion**

You were Transfigured on the Mount, O Christ God,  
Revealing Your glory to Your disciples as far as they  
could bear it.  
Let Your everlasting Light shine upon us sinners!  
Through the prayers of the Theotokos, O Giver of  
Light, glory to You!



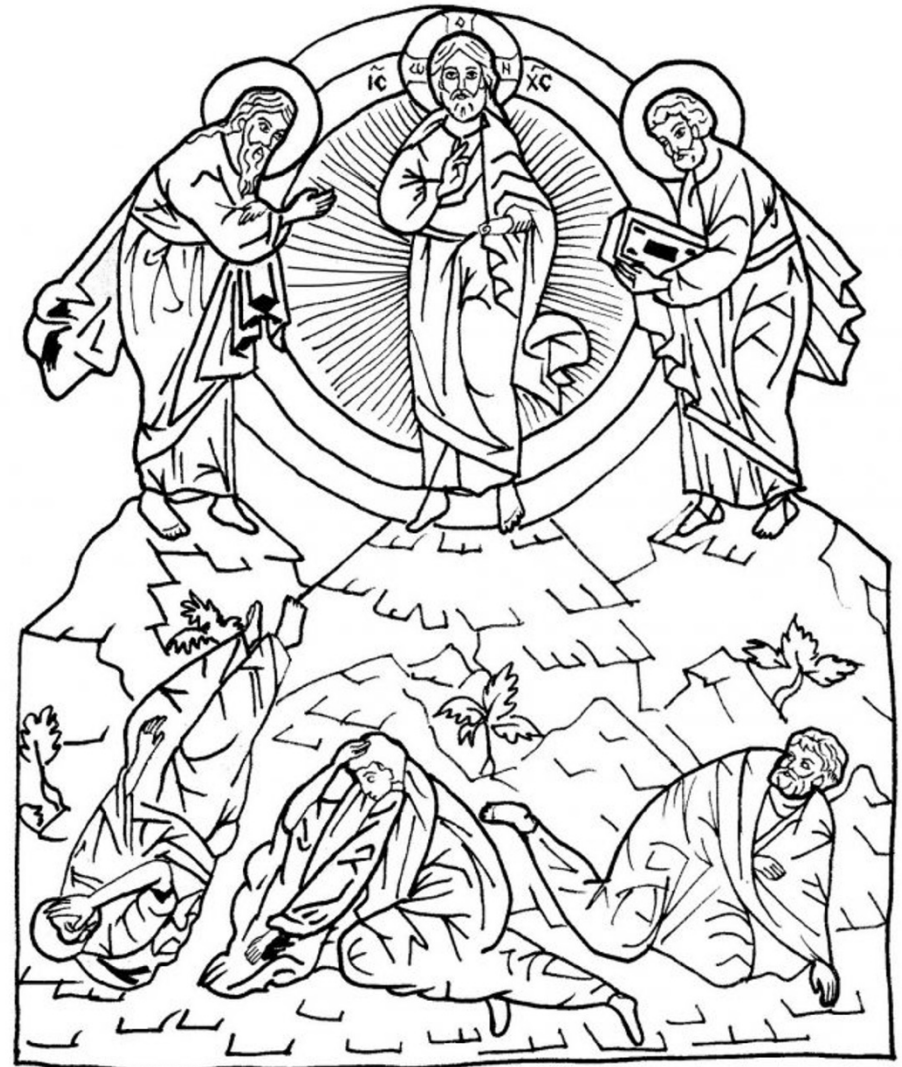
**Doxastikon**

Glory to the Father, and to the Son,  
and to the Holy Spirit  
Christ took Peter, James and John  
up into a high mountain apart,  
and was transfigured before them  
His face shone as the sun and  
His raiment became white as light  
There appeared Moses  
and Elijah, talking with Him  
A bright cloud overshadowed them and  
behold a voice out of the cloud saying,  
This is My beloved Son in whom  
I am well pleased: hear ye Him



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# Feast of the Transfiguration of Our Lord Activity Book



Name: \_\_\_\_\_

## Read the Account of the Transfiguration of Our Lord

The Feast of the Transfiguration of Our Lord is celebrated every year on August 6<sup>th</sup>. The feast celebrates when Jesus was transfigured on Mount Tabor. The event is recorded in three of the Gospels, Mathew 17:1-9, Mark 9:2-8 and Luke 9:28-36.

One day Jesus took three of his disciples, Peter, James, and John up a mountain. The name of the mountain was Mount Tabor. While they were there, Jesus was transfigured. His face shone like the sun and his clothes became as white as light.

Suddenly Moses and Elijah appeared with Jesus and were talking to Him. The three disciples were in awe! Then Peter said how good it was for them to be there and he asked Jesus if he could build three booths (tents) for Moses, Elijah and Jesus.

While Peter was still speaking a cloud appeared and a voice from the cloud said, "This is my beloved Son, with whom I am well pleased; listen to Him." When the disciples heard this they fell face down on the ground and were terrified. Jesus came to them and told them not to be afraid. When they looked up they only saw Jesus.

As they walked down the mountain together Jesus instructed them not to tell anyone what they had seen and heard until after He had risen from the dead.

## Read about the Icon of the Transfiguration of Our Lord

### Central Figure – Jesus

In the very center of the icon we see Jesus. His right hand is lifted up as the sign of blessing. His left hand is holding a scroll, this shows that He is the Word of God in the flesh. The circle of light around Him (mandorla) represents His divine glory and transforming light. The halo around His head has three letters on it, which mean 'I Am.' This represents the name of God that was revealed to Moses in Exodus 3:14, which showed that Jesus is the divine Son of God.

### Prophet Elijah and Moses

On the two mountain peaks on each side of Jesus are Moses and Prophet Elijah. The mountain peak that Moses is standing on symbolizes the time when Moses encountered God on Mount Sinai. And the mountain peak that Prophet Elijah is standing on symbolizes when Elijah met God on Mount Horeb. Now they are meeting Jesus once again on another mountain, Mount Tabor.

In the icon Moses is holding the stone tablets with the Ten Commandments, this represents the Law. Prophet Elijah represents the prophets. Both Moses and Prophet Elijah are bowing down to Christ, this shows that Jesus is the fulfillment of both the Law and the Prophets, He is the complete revelation of God.

Moses and Prophet Elijah also represent the living and the departed. This is because Prophet Elijah was taken to heaven in a chariot of fire (living). Moses represents the departed since he died a natural death (dead).

### Three Disciples

Below Jesus we see the three disciples, Peter, James and John. The icon shows their response to seeing Jesus transfigured. John is in the center and has fallen prostrate, James has fallen over and has his hands over his eyes, while Peter has his hand raised which shows his desire to build three tents (booths). The clothes of the disciples are in a mess (disorder), this shows how shocked and overwhelmed they were by what they had seen.

## Answer the Questions

### From the Account

- What is the date of the feast?
- What is the name of the mount on which the transfiguration took place?
- What are the names of the 3 disciples who were with Jesus?
- Name one of the three references where the account of the transfiguration is recorded.
- His face shone like the \_\_\_\_\_, and His clothes became as \_\_\_\_\_ as \_\_\_\_\_.
- Who appeared with Jesus on the mount?
- Which disciple wanted to make booths for Moses, Elijah and Jesus?
- A voice from the cloud said, '\_\_\_\_\_.'
- What happened to the disciples when they heard this voice?
- What did Jesus tell the disciples as they walked down the mountain?

### From the Icon

- Who is in the middle of the icon?
- What does the scroll in Christ's hand signify?
- The perfect circle of light around Christ represents His \_\_\_\_\_ glory and \_\_\_\_\_ light.
- What do the 3 letters on the halo mean?
- Which two prophets are depicted on both sides of Christ?
- On which mountain is Moses standing on?
- On which mountain is Elijah standing on?
- On which mountain is Christ standing on?
- What 2 things does Elijah represent? What 2 things does Moses represent and what does their bowing down to Christ signify?
- Which disciples are at the bottom of the icon?
- Which disciple has his hands over his eyes?
- Which disciple is in the center?
- Which disciple has his hand raised and what did that mean?
- Why are the disciples clothes in a mess (disorder)?

### What the Feast Reminds Us Of

- What 2 things does the feast remind us of?
- We need to be transformed from the \_\_\_\_\_.
- Will this transformation happen automatically?
- What are some of the Sacraments that we can take part in, which will help us to be transformed to become more like Jesus?
- What are 3 spiritual practices that can help transform us to become more like Jesus?
- Name 2 prayers we can pray?
- Fasting tells our body that our \_\_\_\_\_ is more important than our \_\_\_\_\_.
- Fasting helps us to overcome \_\_\_\_\_.
- \_\_\_\_\_ corrupts our soul.
- When we give things away, it \_\_\_\_\_ us.

## The Feast of Transfiguration reminds us to live our lives in a way that reflects the glory of God

Circle the things that would reflect the glory of God, cross out the things that would NOT reflect His glory.

Cheating on an exam

Giving food to a hungry person

Complaining about the food your mom made for dinner

Helping a classmate with their schoolwork

Praying for a sick person

Getting a blessing from my bishop

Giving some clothes to a poor person

Standing up for someone who is being made fun

Watering plants in the garden

Taking something that does not belong to me

Helping someone carry their heavy bag

Arguing and Fighting

Taking care of my little sister so my mom can cook

Watching a bad TV show

Sharing my lunch with someone at school who doesn't have a lunch

Lying to my teacher

Making fun of someone

Picking up trash on the ground

Feeding our pets/animals

## What the Feast Reminds Us Of

This feast reminds of a few very important things

1. **It reminds us of who Jesus really is.**

On the outside He looks like a normal human being, just like us. But by allowing Himself to be 'transfigured' – He showed us who He was. He is God! He is the True Light which gives light to every man (John 1:9); and we see that blinding heavenly Light during the Transfiguration.

2. **We are reminded of why Jesus' came to earth**

God's ultimate purpose in sending Jesus was to help us be transformed – to become like Jesus. But we human beings, cannot do this ourselves. When we believe who Jesus really is, we can be transformed from the inside out, by the power (energy) of God; similar to the transformation we see in the event of the Transfiguration.

**How is This Possible?**

The most important question is, how can I allow God to transform me? No, it will not automatically happen! But thankfully, the church has given us certain ways to help God transform us - taking part in the Sacraments (Baptism, Confession, Holy Eucharist, etc.) and some spiritual practices like - Prayer, Fasting and Almsgiving.

**How Do They Help To Transform Us?**

**Prayer:** When we pray, as we ought to, we pray for God's desires, rather than ours, to be fulfilled in our lives. Ex: the Jesus Prayer and the Lord's Prayer.

**Fasting:** We give up food (or delicacies) and have plain simple food. Fasting is returning to simplicity. This is a way to tell ourselves that our souls are more important than our bodies. This also helps us to overcome many temptations in our lives and transform us.

**Almsgiving:** In general, we always want to keep things for ourselves. That greed corrupts our soul. But, when we give things away – may it be money, clothes, food, time or other things which are valuable for us, to someone who is lesser privileged than us, it is changing us.

When we faithfully follow the practices which the church has given us, we will slowly be transformed by the power of God, from the inside out.

**As we celebrate the Feast of the Transfiguration, let us continue to pray that our lives will be changed to reflect the glory of God!**

Scan the code to watch a video about the account of the Transfiguration of Our Lord.

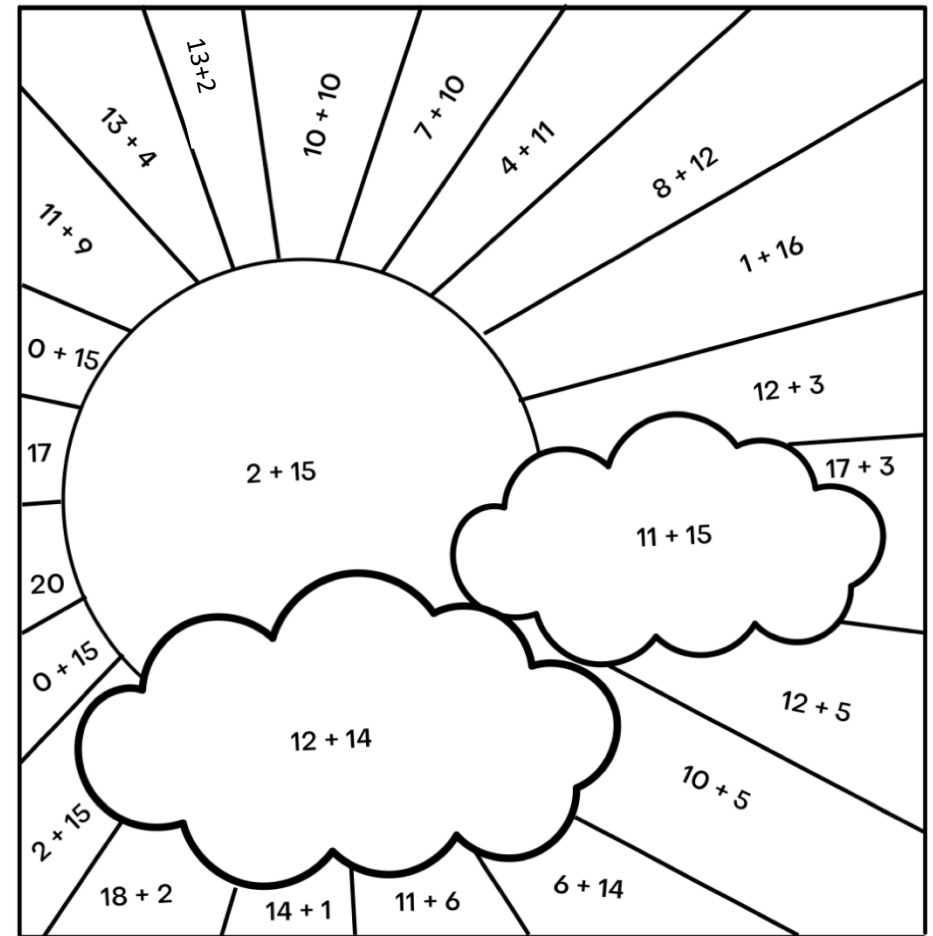


**Identify the Parts of the Icon**



When Jesus was transfigured the Bible says that His face shone like the sun.

**Color by number**

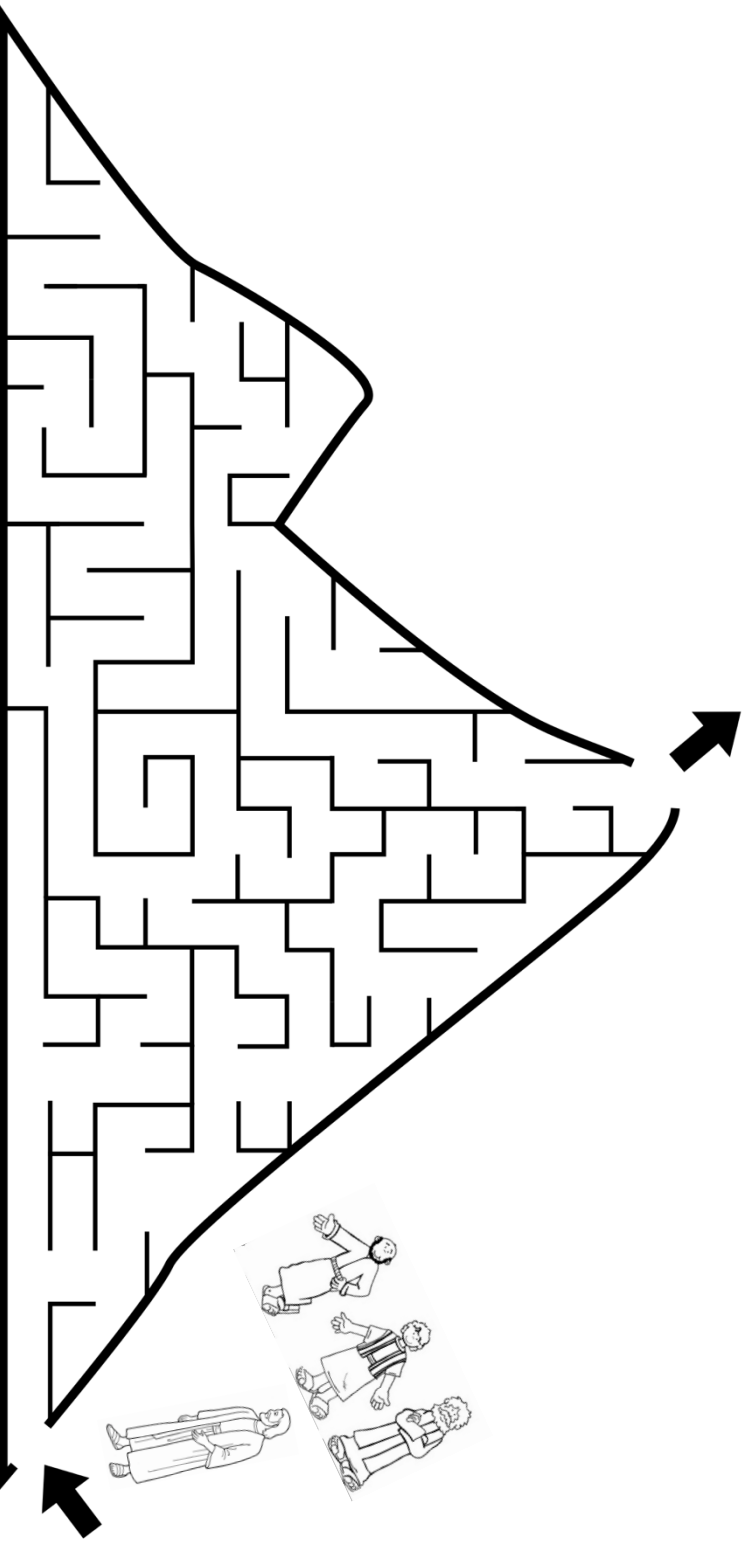


**Light Yellow 20**  
**Orange 15**

**Golden Yellow 17**  
**Blue 26**

**Interesting Sun Fact**

The sun is our brightest most important source of light. At any given moment it sends out 383 billion billion megawatts of light energy. That's **383,000,000,000,000,000,000,000 watts!** Compare this to a light bulb in your home. It probably gives between 50-150 watts.



Help Jesus and the 3 Disciples Climb Mount Tabor

Decode the Message

A	B	C	D	E	F	G	H	I	J	K	L	M
⊗	⌵	⊙	●	◐	■	★	⚡	↑	◊	⊞	○	◄
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
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During the Feast of the Transfiguration of Our Lord, in some parts of the world the faithful bring fruits and vegetables to be blessed by the priest. This is a reminder to us that the whole of Creation will be transfigured.

Match the fruit or vegetable to the tree or plant it comes from



## Read the Account of the Transfiguration

One day  and 3 of his  went up a . While they were there  was transfigured. His  shone like the  and garments were shining white. Suddenly  and  were with  and talking to him. The  were amazed and excited. Peter asked  if he could make 3  for them to stay in. Suddenly a  appeared and a voice spoke saying, 'This is my Beloved Son, with whom I am well pleased; listen to Him. The  were frightened and fell on their faces.  told them not to be afraid. When the  looked up they only saw  and the .  walked down the  together.  told them not to tell anyone what they had seen until He had rise from the dead