

More Than Hearing Worksheet

Episode: CTransfigurationx2019

Texts: [Exodus 34:29-35](#) • [Psalm 99](#) • [2 Corinthians 3:12-4:2](#) • [Luke 9:28-36, \(37-43a\)](#)

BODY Smart

Keen sense of body awareness. They like movement, making things, touching. They communicate well through body language and can be taught through physical activity, hands-on learning, acting out, role playing. They process knowledge through bodily movement or through sensation, enjoying physical activity, and being constantly in motion even while sitting down. This person needs to move!

Gardner and Waring

Text: **Luke 9:28-36, (37-43a)**

28 Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. 29 And while he was praying, **the appearance of his face changed**, and his clothes became dazzling white. 30 Suddenly they saw two men, Moses and Elijah, talking to him. 31 They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem.

32 Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. 33 Just as they were leaving him, Peter said to Jesus, "Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah" -- not knowing what he said.

34 While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. 35 Then from the cloud came a voice that said, "This is my Son, my Chosen; listen to him!"

36 When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

37 On the next day, when they had come down from the mountain, a great crowd met him. 38 Just then a man from the crowd shouted, "Teacher, I beg you to look at my son; he is my only child. 39 Suddenly a spirit seizes him, and all at once he shrieks. It convulses him until he foams at the mouth; it mauls him and will scarcely leave him. 40 I begged your disciples to cast it out, but they could not."

41 Jesus answered, "You faithless and perverse generation, how much longer must I be with you and bear with you? Bring your son here." 42 While he was coming, the demon dashed him to the ground in convulsions. But Jesus rebuked the unclean spirit, healed the boy, and gave him back to his father. 43a And all were astounded at the greatness of God.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
<p>BODY smart</p>	<p>I wonder: the Greek word for transformation is "metamorphosis" which makes me think of a caterpillar turning into a butterfly or moth - so to apply this word to what happens to Jesus lead me to this question (how's that for a run on sentence? lol)</p> <p>Did the transfiguration effect Jesus on a molecular level so as to make resurrection possible?</p>	<p>Vs. 29 - "...the appearance of his face changed...."</p> <p>The last wedding I did in Ohio comes to mind when I hear about Jesus' face transforming. The bride and groom were fairly young; in their early 20's and were taking a bit of a leap getting married. I didn't hear any alarm bells; they were both very devoted to one another and in my opinion, he wasn't going to find anyone else that would love him the way she did. ANYWAY, the day of the wedding I got to the church and found him being all gloomy and nervous with his guys and then went to go speak with the bride and I will tell you I was speechless. I almost did not recognize her and it wasn't because she was all done up or not wearing her usual glasses, it was because she was - literally - radiant. Her entire demeanor simply shone and did so through the service and the entire time they were at the church. Her certainty about her relationship with this man was so rock solid in her that it beamed out of her. I saw someone transfigured.</p>	<p>1) Encourage everyone to sit with their eyes closed and imagine themselves in a peaceful place. Get very settled there, and then into this place comes the person you most want to see. Feel the response in your body; heart rate increases, blood rushes throughout your body, you may sit taller, and you will likely smile. Maybe even laugh or cry with joy. This experience is just a wee taste of how one is transformed by an emotion.</p> <p>2) Consider using the Priestly blessing to end the worship service:</p> <p style="padding-left: 40px;">May the Lord bless you and keep you; May the Lord make his face shine on you and be gracious to you; May the Lord lift up his face to you (<i>David sometimes adds - place his cheek next to yours</i>) And give you peace.</p> <p>As you say each of these things, especially the parts about the face, invite people to touch their faces and imagine it is God touching them.</p>

Text: 2 Corinthians 3:12 - 4:2

12 Since, then, we have **such a hope, we act with great boldness**, 13 not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. 14 But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside.

15 Indeed, to this very day whenever Moses is read, a veil lies over their minds; 16 but when one turns to the Lord, the veil is removed.

17 Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. 18 And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in **a mirror, are being transformed into the same image** from one degree of glory to another; for this comes from the Lord, the Spirit.

4:1 Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. 2 We have renounced the shameful things that one hides; we refuse to practice cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
<p>BODY smart</p>	<p>From Adam Thomas: “The veil is my stealth technology, my armor of avoidance. With increasing frequency, it's more than simply metaphorical. It's my iPod earbuds hanging from my ears or my phone plastered to my face or my huge Top Gun sunglasses --anything that creates a buffer zone between you and me.”</p>	<p>Vs 12 - “hope and bold action”</p> <p>This makes me think of people who have such faith in the integrity of their equipment that they have no fear of injury doing high wire work, gymnastics, rock climbing, hang gliding, sky-diving, scuba diving and any other assortment of activities that humans are not designed to do because we don't have wings or gills.</p>	<p>Play the improv game Mirror!</p> <p>Explain that the idea is the “follower” mirrors the “leader” so seamlessly that observers cannot tell which is which.</p> <p>Get a companion to work with you on this; stand about six or more feet from each other and look at the bridge of one another's noses. This allows you to “see” the entire person without darting your eyes about and getting distracted. Whoever is the lead moves slowly and grandly - BIG MOVES that go gradually - so the person following the lead can see the movement and adapt.</p>

Text: Psalm 99

1 The LORD is king; **let the peoples tremble!*** He sits enthroned upon the cherubim; let the earth quake!

2 The LORD is great in Zion; he is exalted over all the peoples. 3 Let them **praise your great and awesome name. Holy is he!***

4 Mighty King, lover of justice, you have **established equity***; you have executed **justice and righteousness*** in Jacob.

5 Extol the LORD our God; worship **at his footstool. Holy is he!***

6 Moses and Aaron were among his priests, Samuel also was among those who called on his name. They **cried to the LORD***, and he answered them. 7 He spoke to them in the pillar of cloud; they kept his decrees, and the statutes that he gave them.

8 O LORD our God, **you answered them***; you were a **forgiving*** God to them, but an **avenger of their wrongdoings***.

9 Extol the LORD our God, and **worship*** at his holy mountain; for the LORD our God is **holy.***

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<p>BODY smart</p>			<p>As the psalm is read, move to express some of the phrases and ideas and invite the congregation to follow along with you. See below!</p> <p>OR, if you have anyone who does liturgical dance or movement, arrange some movement (<i>and maybe even MUSIC</i>) to this.</p>

- Trembled - cower in fear or shield your face with your hands
- Praise & Holy is He - lift both arms and your face toward heaven
- Established equity - hold our your hands in front of you like a scales

- Justice and righteousness - either cross your forearms across your chest (Wakanda forever!) or hold them out like strongman arms.
- Footstool & Holy is He - kneel on either one or both knees and repeat the arms and face from earlier
- Cried to the Lord - in kneeling position, clasp hands in front of your face or your chest in praying position
- Answered them - stand
- Forgiving and avenger - place one hand on your heart and look downward for forgiving and hold the other hand up palm upward for the avenging the wrongdoing
- Worship & last holy - wave arms above head and do the holy thing one last time.

Text: Exodus 3:29-35

29 Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that **the skin of his face shone** because he had been talking with God. 30 When Aaron and all the Israelites saw Moses, the skin of **his face was shining**, and they were **afraid to come near him**. 31 But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them.

32 Afterward all the Israelites came near, and he gave them in commandment all that the LORD had spoken with him on Mount Sinai. 33 When Moses had finished speaking with them, he put a veil on his face; 34 but whenever Moses went in before the LORD to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded,

35 the Israelites would see the face of Moses, that **the skin of his face was shining**; and Moses would **put the veil on his face again**, until he went in to speak with him.

Smarts	Images in the text/ interesting exegesis	Illustrations	SFX
<p>BODY smart</p>	<p>Shining forth - horn Many artists have depicted Moses with horns because of this translation anomaly. BUT it is entirely possible that Moses' encounter with God <i>scorched</i> him - touched the deep essence of his being and transfigured his appearance. Maybe people couldn't bear to look at him and so the idea formed that he was somehow disfigured.</p>	<p>Was Moses' appearance similar to someone who had experienced radiation poisoning? Was he disfigured by his encounter with God necessitating the veil he wore when around other people? It's a bit like the end of the movie <i>Beneath the Planet of the Apes</i> when the human's reveal their "true faces" to their god the atomic bomb.</p> <p>Is Moses' shiny face like the T-1000 shed of it's skin?</p>	<p>We tend to shy away from unusual facial features; it's very much the lizard brain asserting itself in us. But what if, when we see someone who has been burned or scarred or is tattooed or pierced or is in any other way different in appearance from the NORM - what if we were to see in that face someone who has seen God? Or if not seen God, been seen <i>by</i> God and loved. Give this task as homework for the week; encourage people to see the person behind the face.</p> <p>AND</p> <p>If possible, pass out some small mirrors and encourage people to take</p>

			<p>some time to look at their faces; look at their skin, the shape of their eyes, the color of their hair, the shape of their faces. Don't critique or judge, but just look. Then, once people have actually taken the time to do this, tell them to look at themselves as God sees them - <i>with love, mercy, grace, and the appreciation of an artist.</i></p> <p><i>This is a BODY smart activity because it encourages engaging with a part of the body, but it is also a SELF smart experience for being able to sit with a revealed self.</i></p>
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