

This week you will:

- Review the key ideas and goals of the challenge
- Consider the *phroména of askesis*
- Continue to refine and work at your customized praxis
- Do an exit interview with Cornelius

Wellness Challenge Week Eight: *Transfiguration*

“Bless the Lord, O my soul! O Lord my God, You are very great; You are clothed with splendor and majesty.” [Psalm 104:1]



In the bible, white clothing represents purity, or divinity or divine transformation. We see it in Daniel [7:9], where the mythic vision of the enthroned God, the Ancient of Days, is clothed in white. The angels come dressed in white in the Gospels, Mark [16:5], Luke [24:4], Matthew [28:3], and John [20:12]. The Saints are also dressed in white as seen in Revelation. [Rev 4:4, Rev 3:18, Rev 3:5, et al].

In the Gospel scene known as the Transfiguration, Matt [17], Mark [9], and Luke [9], the Christ is also clad in white. Jesus, Peter, James, and John climb atop a mountain (Mount Tabor, according to tradition), and “... he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white.” Then the disciples “fell to the ground and were overcome by fear. But Jesus came and touched them, saying, “Get up and do not be afraid.” [Matthew 17:2, and 6b].

The ancients believed that seeing the divine light transforms the seer. In the Christian East, the transfiguration is also about Peter, James, and John and all who strived for the Saintly pinnacle of discipleship. Comparing the light of the Messiah to that of Moses on Sinai, Paul also uses the word transfiguration to describe the Christian journey. A journey in which “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 [light] to another...” [2 Corin. 3:18].

After witnessing the light of Christ on Mount Tabor, and being transfigured by it, Jesus and the disciples head back down the mountain [Matt 17.9, Mark 9.9, Luke 9.37].

WEEK EIGHT THEME, SCRIPTURE, LECTIO DIVINA, AND [YOGA FLOWS ARE HERE](#)

You are not entirely the same person you were before you took on this challenge. You have climbed the summit of the work, and through faith and by the grace of God, you have now reached the downhill slope. Hopefully, you have learned what modalities of mindfulness, movement, and diet work as an extension of your existing spiritual life.

We want you to walk away with is more than a new wellness routine, but a glimpse at a new mindset or *phronéma*. This mindset turns away from the cravings of the *sarks* [Rom 8:7]. Instead, turns to the ancient mindset of askesis -- striving. This mindset enriches our lives (body,

mind, and spirit) through the challenges and rewards of striving for inner and outer transfiguration.

In the ancient Christian view, our sanctifying journey with God does not change into a new form but instead is a revealing of our covered-over true form. A form that bears the likeness of God (James 3:9). In a similar way, our new mindset of mind, body, and spiritual striving does not seek to transform us into a better, stronger, faster or more outwardly appealing version of our current selves. This practice aims to help us on our journey to a healthier body, a calmer mind, and greater purity of heart. All these roads ultimately point us to a heart-centered living in. A life, lead from the heart, where our spirit inter-abides with the Spirit of God. This is how we see a life *in* Christ, and Christ *in* us.

We can never know exactly what fruit our practice will bear. But we can be sure that if we strive in faith, honor our bodies [the temple in which the Holy Spirit], Christ will make us well. And God will bestow on us surprising and unmerited gifts of the Spirit along the way. Remember, we are not trying to achieve anything on our own. PraXis simply seeks to open up a new way to participate with God in your journey towards Christ.

Don't Give Up Yet

Building a new habit usually takes 60-90 days of daily repetition. You may have formed a new habit through this wellness challenge, but it is also possible that you have not.

If you continue to keep your practice up beyond the next two weeks, we certainly praise you for that. But it's ok if you are happy to be done with this challenge. If you plan to drop your praxis once week eight is done, we would have you consider this. We are often tempted to give up on the race at the moment when the finish line is just around the next bend- close but out of sight. So, if you are looking forward to PraXis being over, consider doing it one more *extra* week. Finish strong by committing to following your customized week seven routine into week eight and an extra ninth week. Who knows that extra week might be the week that finally moves you into building the kind of self-sustaining habit that can last a lifetime.

Bonus Week and Resources

As you move forward, go to the PraXis website for bonus material. This material includes apps and YouTube challenges that can help you maintain your new habits well into the future. [**Bonus Round link HERE**](#)

EXAGOREUSIS [the check-in] and The Exit Interview

Please check in with Cornelius for an exit interview. We would love to know how your experience went. What goals did you set for yourself? Did you reach them? What have you learned, and what would you like to see change about the program? This information benefits you and us as you look into the future of our mind, body, and Holy Spirit health.

May God's peace be with you.

"I have fought the good fight, I have finished the race, I have kept the faith." 2 Timothy 4:7
~ Maranatha