

# Mountains, Valleys and In Between Week One: The Mountains

## The Big Idea

How to follow God in every elevation in life. We get a greater AWARENESS of God in our mountaintop experiences.

## **Key Verse**

Joshua 1:9 NLT This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.

## **Start Talking**

Where do you believe that you have spent the most time; the mountains, valleys or the in between?

Have you ever had a mountaintop experience with God?

If you have or haven't, why do you think that is?

#### **Start Thinking**

Luke 9:28-36 NLT About eight days later Jesus took Peter, John, and James up on a mountain to pray. And as he was praying, the appearance of his face was transformed, and his clothes became dazzling white. Suddenly, two men, Moses and Elijah, appeared and began talking with Jesus. They were glorious to see. And they were speaking about his exodus from this world, which was about to be fulfilled in Jerusalem. Peter and the others had fallen asleep. When they woke up, they saw Jesus' glory and the two men standing with him. As Moses and Elijah were starting to leave, Peter, not even knowing what he was saying, blurted out, "Master, it's wonderful for us to be here! Let's make three shelters as memorials—one for you, one for Moses, and one for Elijah." But even as he was saying this, a cloud overshadowed them, and terror gripped them as the cloud covered them. Then a voice from the cloud said, "This is my Son, my Chosen One. Listen to him." When the voice finished, Jesus was there alone. They didn't tell anyone at that time what they had seen.

#### **Start Sharing**

If you had a mountaintop experience do you think about it much or tell others?

What was your reaction to it?

What do you believe God was trying to show you when you had it?

#### **Start Doing**

Seek God in your daily life by reading the bible, praying and seeking God!