Mountain-top experiences (based on Mark 9.2-9 – the story of the Transfiguration)

There are various Bible stories that take place on mountains/hills. Can you think of any?

* Abraham ‘sacrificing’ Isaac on a mountain (Genesis 22)
* Law Giving on Sinai (Exodus 19-20)
* Elijah & the prophets of Baal on Mount Carmel (1 Kings 19)
* Sermon on the Mount (Matthew 5-7)
* The Mount of Olives (Luke 22)

Jews believed that they were nearer to God when on the top of a mountain – God is ‘up’ in heaven!

These mountain top experiences were special, where people felt close to God.

Have you had similar experiences, though not necessarily up a mountain?

These are good experiences, and it is tempting to stay there.

But we must come down to earth and live in ordinary life.

However these mountain top experiences can help us do so.

For Abraham and Elijah it led to greater faith, for Moses it founded the nation, for Jesus’ hearers it gave a glimpse of a better life, for Jesus it gave determination to see his challenge through to the end.

How have your mountain top experiences helped you? Can they continue to do so?