



CONVERSATIONS

session page

The Mountain is Calling

Luke 9:28-43 | Session 11.09

Before the Session

Facilitator: In advance of the session

- *Listen to the FaithElement podcast for this week before the session!*
- Review today's scripture text and the session activities to help better facilitate the discussion.
- Have the Bible Background Video ready to view.

Context

Start by reminding the group of the FaithElement podcast for this session and encouraging them to listen to the next episode. Remind the group that this week's session began with Bert's story about the trip to the mountains overlooking Poughkeepsie and how it serves to remind us of how "big" God really is. Ask:

- What memorable experiences have you had in the mountains?
- Why might people perceive mountains to be either scary or beautiful or both?
- Physical dangers aside, what kinds of terrifying things can happen in the mountains?
- Why is it so important to be reminded that God may be a lot bigger than our ability to perceive?

Content

Read [Luke 9:28-43a](#), and watch the Bible Background Video before asking:

- Why do you think Moses and Elijah, specifically, appeared on the mountaintop, and how did the disciples know who they were?
- For whom was this mountaintop experience (as it is told here) intended and why?
- Given his frustration, as expressed in verse 41, why did Jesus want to go back?
- Why do you think Jesus sometimes felt the need to wander off to remote places?
- What does it mean to say "the more you go out, the deeper you have to go?"

Closure

Share ["The Mountain" by Daniel Bailey](#) and continue by asking:

- What sorts of feelings does this video elicit from you and why?
- Why do we sometimes "go to the mountain" for personal clarity?
- In what ways might practicing self-care be good stewardship?
- Which of the world's needs call us back from our "mountaintop" experiences with God?
- How can we share with other people the benefits we reap from our times of self care?

Close with a prayer.