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session page

The Mountain is Calling

Luke 9:28-43 | Session 11.09

Before the Session

Facilitator: In advance of 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.
- Encourage your group to listen to the FaithElement podcast ahead of the next session (Share the link via email or social media).
- Find web links for underlined items on this session's webpage at faithelement.net.

Context

Share this [article on mandatory vacation](#) and ask:

- What do you find the biggest benefit to taking a break from work and going on a vacation?
- Where do you go and what are your usual priorities for spending your time when you go on vacation?
- At what points do you find that God is closest to you and how important is it for you to find that peace with God?
- What effect does it have on your life to take a vacation and find that time to connect with God?
- What is it like to have to come back when you've been on such a great vacation?

Content

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

- What do you think led to Jesus looking to take a couple of friends to the top of a mountain for a chance to rest?
- What do you think Jesus and the disciples might have missed out on by taking the rest?
- How would you react if you were one of the three disciples on the mountain?
- To what degree do you think the disciples found this experience restful or intense?
- How do you think that it would it have affected you?
- In what ways might the mountaintop experience led to Jesus' reactions in the later part of this passage?
- What can we learn from this transformation and how it can help our lives?

Closure

Share this [ad for Hawk's Rest Ranch](#) and ask:

- How well do you think this place might meet the promise of "serenity" and why?
- What could you imagine doing there if you were to buy that place?
- Why do you think so many people see going to the mountains as a way to recharge their batteries, and what does it really mean to do that, anyway?
- How might we make closeness with God so hard to find?
- What kinds of things can we gain from our times with God that can be "brought back" to help other people?

Close by [listening to Rest in You](#). As you do, meditate and find that closeness to God.

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