



MIND
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.
- In many instances, the full meaning of a passage is hard to grasp from a single translation. Having a few different versions available may help the group understand and apply today's passage.
- Encourage your group to listen to the Faithelement podcast ahead of the next session (Share the link via email or social media).

Context

Start by asking:

- When have you had a close encounter with God?
- How do such moments feel for you and how do you typically respond?
- In what ways do such experiences affect you afterward?
- Why don't they last long, and do you think we don't have experiences like these more often?

Content

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

- We read several times in the gospels that Jesus went up on the mountain to pray alone, so why do you think he might have chosen to take Peter, James, and John with him too?
- How might they have known it was Moses and Elijah the Jesus was talking with?
- Why are these two men significant considering who Jesus is and what he's doing?
- What does Peter ask, and what does it say about how he's feeling?
- In what way is the voice different from what was heard at Jesus' baptism and for whose benefit do you think the voice speaks?
- Why do you think Peter, James, and John kept this experience to themselves?
- What effect might this contrast between the mountain top and the healing incident have had on Jesus and his disciples?
- Why do you think Luke placed this story directly after the Transfiguration, and why do you think he told it the way he did?
- Since Jesus is aware of the events that will lead to his arrest and death, what effect might the transfiguration have had on Jesus in this crucial time?

Closure

Continue by asking:

- Even though we often want our "mountain-top" experiences to last forever, why don't they?
- In what ways can God use such experiences at crucial times in our lives?
- Even though we can't conjure these experiences, how can we make ourselves open to them?
- How might we process experiences like these in ways that allow us to recall and gain strength from them later?
- What can having such experiences on our part enable us to do for others and why?

Close with prayer.



CURRENT

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?

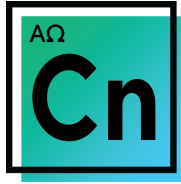
Closure

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.

Writers: Crystal Shepherd and Steve McClain



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.



MEDIA
session page

The Mountain is Calling

Luke 9:28-43 | Session 11.09

Before the Session

- Have the Bible Background Video ready to view.
- Review today's scripture text and the session activities to help better facilitate the discussion.
- 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

Play the [Pizza Hut commercial](#) and ask:

- How do you feel about the commercial's underlying statement that it's best to have "both" things you want, despite what it may lead to?
- To what degree do you think your congregation might find it more important to keep people or reach people and why?
- Why do you think some people find it more important to love God or love people?
- How is it possible for people to really get and do two things that seem to oppose each other?
- What are some competing tendencies with which you struggle and how do you cope?

Content

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

- In hearing these words, why do you think the writer did not make a bigger deal out of this event?
- Why do you think verse 36 tells us that they were basically silent about this event?
- What is the significance of Moses and Elijah in this story?
- Why did Peter want to stay with Jesus on the mountain?
- What is the significance of the cloud and the voice speaking?
- Why do you think things went wrong on the next day?
- Why does it seem that Jesus is frustrated with the people, after he's just come back from taking a break?
- Even though Jesus seems frustrated, what can we learn from what he does anyway?

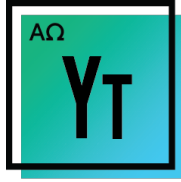
Closure

Play [the Prank video](#) and ask:

- What kinds of things would you do if you were working with a Transformer?
- How would we be able to use power or influence properly, assuming we had it?
- What might keep us to keep the things we derive from our relationship with God to ourselves instead of sharing them with humanity?
- How can we balance private moments with God and still be a part of God's will in transforming our world and the people within it?
- What might change if we could invite other people to "travel with us" as God takes us through life?

Close in prayer.

Writer: Jon Self



YOUTH
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.
- Listen to the Faithelement podcast for this session.
- Use the social media prompts on this session's web page to help youth begin engaging the session ahead of their gathering.
- Find web links for underlined items on this session's webpage at faithelement.net.

Intro

Start by telling the group that you are about to play a classic piece of Christian music that was once used as a background to extreme skiers, racing down a mountainside and sometimes crashing. Invite everyone to close their eyes for a second and try to imagine what it's like to race down such a mountain on a set of skis or a snowboard.

Play "[You Can't Handle This](#)" then ask:

- How well do you think this music matches the scenario I described and why?
- What most stood out to you about the song and how did that affect the way you feel about it?

- When have you had a peak experience that made you feel like you were on top of the world?
- How do you get yourself back in that kind of mood sometimes?

Context

Select a volunteer from the group and send them out of the meeting space (It might be best if you chose a leader for this, if you have enough help). Form at least two teams of no more than six people and tell the whole group to imagine that this person has been having a really hard time lately and needs a little "pick me up." Encourage the teams to spend a few minutes working out a way to, as a team, encourage and cheer on the volunteer. This can be via consoling, cheering, celebrating, or doing anything else they can do to cheer that person on.

Give the teams a few minutes to work out what they are going to do, then call time, bring the volunteer back into the meeting area, and have each team do what they have worked up. After all the teams have finished, ask the volunteer what they thought about each team's efforts, then ask the entire group:

- What was the easiest or hardest part about trying to cheer another person on?
- How did it feel to hear the responses from our volunteer and why?
- Who tends to cheer you on in real life and how do they do it?
- How do you usually respond to other people's efforts to give you a peak experience when they think you need it?
- How do we know when it's time to cheer other people on versus time to withdraw and get a little cheering for ourselves?

Content

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

- Why do you think Jesus felt the need to wander off to the top of a mountain with a couple of friends?
- What led to those specific friends being chosen to go?
- Assuming they weren't wearing name tags, how did everyone know it was Elijah and Moses?
- Why did Peter want to set up camp in the middle of this event?
- Given how frustrated Jesus seemed to be with people at the end of this passage, why did he decide to leave the mountaintop?
- What good did Jesus' trip to the mountain do for everyone, if it didn't seem to lighten his mood?

Closure

Share this ["Spiderman Ending" video](#) and ask:

- While a fictional character like Spiderman can hardly compare with Jesus, how might leaving Mary Jane for one be a little like having to come down from the mountain for the other?
- What kinds of things are important enough to call us away from peak, "feel-good" times to return to face the rest of the world?
- Who needs us enough to make it worth giving up our personal joy?
- What enables us to face the various difficulties we will face in life if we could otherwise avoid them?
- Assuming that we can't stay at church all day, after we leave, what might we do this week that helps other people?

Close with a prayer.



MIX
session page

The Mountain is Calling

Luke 9:28-43 | Session 11.09

Before the Session

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Context (From the Current Session Page)

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 (From the Mind Session Page)

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

- We read several times in the gospels that Jesus went up on the mountain to pray alone, so why do you think he might have chosen to take Peter, James, and John with him too?
- How might they have known it was Moses and Elijah the Jesus was talking with?
- Why are these two men significant considering who Jesus is and what he's doing?
- What does Peter ask, and what does it say about how he's feeling?
- In what way is the voice different from what was heard at Jesus' baptism and for whose benefit do you think the voice speaks?
- Why do you think Peter, James, and John kept this experience to themselves?
- What effect might this contrast between the mountain top and the healing incident have had on Jesus and his disciples?
- Why do you think Luke placed this story directly after the Transfiguration, and why do you think he told it the way he did?
- Since Jesus is aware of the events that will lead to his arrest and death, what effect might the transfiguration have had on Jesus in this crucial time?

Closure (from the Youth Session page)

Share this "[Spiderman Ending](#)" video and ask:

- While a fictional character like Spiderman can hardly compare with Jesus, how might leaving Mary Jane for one be a little like having to come down from the mountain for the other?
- What kinds of things are important enough to call us away from peak, "feel-good" times to return to face the rest of the world?
- Who needs us enough to make it worth giving up our personal joy?
- What enables us to face the various difficulties we will face in life if we could otherwise avoid them?
- Assuming that we can't stay at church all day, after we leave, what might we do this week that helps other people?

Close with a prayer.