

On the Mountain Top

Theme

Mountain top experiences prepare us for the valleys of every day life.

Object

Some beautiful pictures of mountains

Scripture

After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus. Peter said to Jesus, "Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah." Mark 9:2-5 (NIV)

Activities + Resources

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I have some beautiful pictures to show you this morning. They are pictures of some of the most beautiful mountain peaks you can imagine. Aren't they beautiful? Have you ever taken a vacation in the mountains? Of all the vacations that I have ever taken, the ones that I enjoyed the most were the ones that I took in the mountains.

Why do you think people enjoy vacationing in the mountains? There are several reasons. One reason is that they want to get away from the heat. In the summer months, the heat can become almost unbearable at times. It is refreshing to go up into the mountains where the air is cool. Another reason is to enjoy the beautiful view. When you are down in the valley, it is often difficult to see and appreciate the beauty around you, but from the mountain top, you can clearly see the beauty of the world below. Finally, many people enjoy vacationing in the mountains to get away from the hustle and bustle of everyday life. It is good to

get away from the pressure of work and busy schedules, and just sit back and relax. When we are enjoying a get away in the mountains, we sometimes find it hard to go back to our day to day life.