

Spiritual Highs
Luke 9:28-36

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1. Mountain top experiences give us clarity.

- **This is Jesus, the Son of God.**
- **You really ought to listen to him.**
- **Guidance for the future.**
- **But you can't live on the mountain top.**



2. Mountain top experiences prepare us for life in the valley.

- **God provides strength and encouragement to Jesus as he faces Jerusalem and death.**
- **Why Moses and Elijah?**
- **Messy life in the valley.**
 - **Demonic oppression**
 - **Disbelief**
 - **Petty squabbling**
- **The valley is where life and ministry happen.**
- **Why does Jesus go up the mountain?**
To pray about life in the valley.

3. Mountain top experiences can be confusing.

- **The rarified air of a spiritual encounter with God can be disorienting.**
- **Peter’s initial reaction was misguided.**
- **God corrects the mistake.**

What do we do with a mountain-top experience?

- **Ask God for further instructions.**
 - **Don’t insist that others have similar experiences.**
 - **Don’t miss the main message – “This is my Son, whom I have chosen; listen to him.”**
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Things to Think About:

Have you ever had a mountain top experience? Why do you think God gave you this special time? What did that experience prepare you for?

Is God preparing you for something new?

How is life in the valley these days? What challenges are you facing?

How’s your prayer life? Regular time alone with God gives you much needed clarity for valley life.

What words would you like to hear from Jesus?

What do you think Moses and Elijah said to Jesus?

Have you thought about your death? If not, why not?
