



Life Guide

applying God's Word to life

The Mount Prepares Us For Valleys February 14, 2021

² 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. ³ His clothes became dazzling white, whiter than anyone in the world could bleach them. ⁴ And there appeared before them Elijah and Moses, who were talking with Jesus.

⁵ 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." ⁶ (He did not know what to say, they were so frightened.)

⁷ Then a cloud appeared and covered them, and a voice came from the cloud: "This is my Son, whom I love. Listen to him!"

⁸ Suddenly, when they looked around, they no longer saw anyone with them except Jesus.

⁹ As they were coming down the mountain, Jesus gave them orders not to tell anyone what they had seen until the Son of Man had risen from the dead.

1. Have these last days been a mountaintop experience for you or a dark valley? Give an example or two to explain your answer.
2. What are some ways mountaintop experiences and valley experiences affect the way you think or feel about God?
3. Summarize what the disciples experienced when Jesus transfigured? (For more details read Mt 17:1-13 & Lk 9:28-36.)

4. What events might the disciples associate with Moses and Elijah? Use your Bible history knowledge.

5. In what ways might the voice from the cloud change the disciples?

6. The sermon compared Jesus' identity revealed at transfiguration to the prince in Mark Twain's story, *The Prince and the Pauper*. List some ways that knowing Jesus' identity changes the way you perceive his story.

7. How would the disciples' memory of Jesus' transfiguration help them when they witnessed Jesus' of suffering and death?

8 How does remembering Jesus transfiguration prepare you for Lent?

9. How does remembering Jesus transfiguration prepare you for the valleys you'll face in life?

10. If a friend asks you what you got out of Bible study, what will you say?