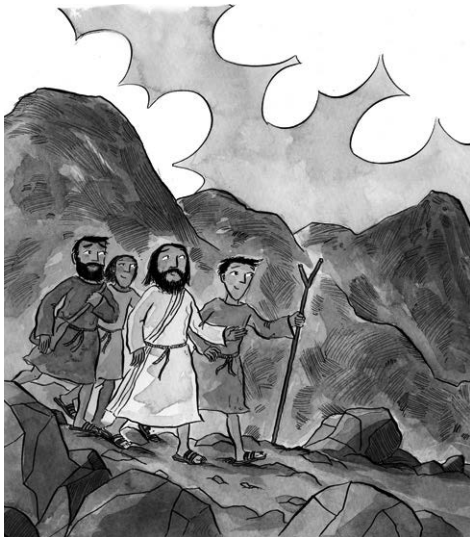
Down the mountain

Mark 9:2-9

Jesus invites his three closest disciples to go up a mountain with him. The disciples are dazzled by Jesus' altered appearance. In contrast to the voice that spoke to Jesus at his baptism, this time a voice speaks directly to the disciples and tells them to 'listen to him', before they head back down the mountain.

Read this week's passage:





Make a mashed potato mountain. Before you eat, pray that God will be with you on the peaks and in the valleys of your lives. Then 'move the mountain' by serving it up!



Have you ever met someone incredible who 'dazzled' you? Why was that? Were you bursting to tell someone else about what happened? Was it hard or easy not to talk about it with others? Have you ever felt like that with Jesus? What was that like?



Find somewhere to walk locally where there is a hill to come down; enjoy the experience of being outdoors, noticing things along the way and features of your surroundings. Talk together about which parts of the walk were easier than others. Is that what you expected?

Living Scripture

'Suddenly when they looked around, they saw no one with them any more, but only Jesus.' Mark 9:8

In Mark 9:2-9, Jesus takes Peter, James and John up a mountain and something amazing happens. Jesus shines with glory. Moses and Elijah appear. God's voice speaks from the cloud. It is loud, bright and unforgettable. Then, almost as quickly as it begins, it ends. Only Jesus is left.

That moment matters as they come down the mountain. The excitement fades, the scenery changes and everyday life waits below. Isn't that how it can feel for us? Sometimes we experience God clearly, maybe at church, Sunday School, on a retreat or during prayer, and then we have to return to homework, jobs, family and stress. The mountain-top does not last.

Verse 8 reminds us what really matters. When everything else falls away, Jesus is still there. Following him is not about chasing spiritual highs. It is about noticing him in ordinary moments. A short prayer, a kind word or a choice to listen can all make a difference.

When the mountain feels far away, remember this: you may not see everything clearly, but Jesus remains.

First impressions



- What is your most memorable or enjoyable descent?
- Whereabouts are you in your faith journey? At the peak? Ready for a climb? In a valley?
- We can't always stay on the mountain-top. How do we keep close to God in our everyday lives?

Pray



God,
it can be hard to leave the mountain
and come back to ordinary lives.
Help us find the strength to keep walking,
the courage to face each day,
and the peace to carry your love and
wisdom into everything we do.
Amen.



Write 'Jesus' in the centre of a piece of paper. Around it, use writing, drawing or doodles to capture the worries or challenges in your life. Now focus on the word 'Jesus' and reflect on all that he has done for you both during mountain-top experiences and through times of hardship. Ask Jesus to walk with you through these struggles.

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