



Continue to **GROW** 1 Peter 3:18

A Hitchhiker's Guide to Spiritual Mountaintops

Read: Luke 9:28-36

In the gospel we hear the powerful story of Jesus' transfiguration. This is a display of our Lord's divine power and his fulfillment of the law (represented by Moses) and the prophets (represented by Elijah). Through his resurrection, Jesus invites us to discover the same power he revealed to Peter, James and John on the mountain.

Spiritual growth is about deepening our spiritual walk with the Lord. It's a journey up the mountain to encounter God. An experienced mountaineer knows that it takes a lot of preparation to reach the peak. The expedition requires careful planning. When it comes to our spiritual growth we must create a personal plan. There are three things to consider when doing this.

First, choose a location. The gospel says that the disciples accompanied Jesus "up the mountain to pray." They had a location, a place to go and encounter God. We all need to find our own personal mountaintops for prayer. Whether that is in the car, the laundry room, a comfy chair, your desk, wherever it may be, find a mountaintop and visit it daily. Make prayer a daily habit.

Second, pay attention. The disciples were "overcome by sleep" and nearly missed the highlight of the trip. Life can be very hectic and distracting. We must learn to tune out the noise by finding solitude on our mountaintop. It is there, free of distractions, that we will encounter God's glory and power to transform our lives. The Bible reminds us to "be alert" (1 Cor. 16:13). Otherwise you may miss something important that God wants to share with you.

Third, have a good guide. In life our guide is Jesus, and the Bible remind us to "listen to him". An experienced guide will keep you free from danger and show you many hidden treasures. Jesus wants to teach us and direct our lives, but we need to encounter him in the gospel. The Bible is like our guidebook for life. It helps us navigate the path before us, but we need to study it.

Our spiritual growth is an exciting life long journey. We are all invited up the mountain to discover God's power and let it transfigure our spiritual lives. So make a plan to go and grow.

Grow: Find a mountaintop and visit it daily for the next week.