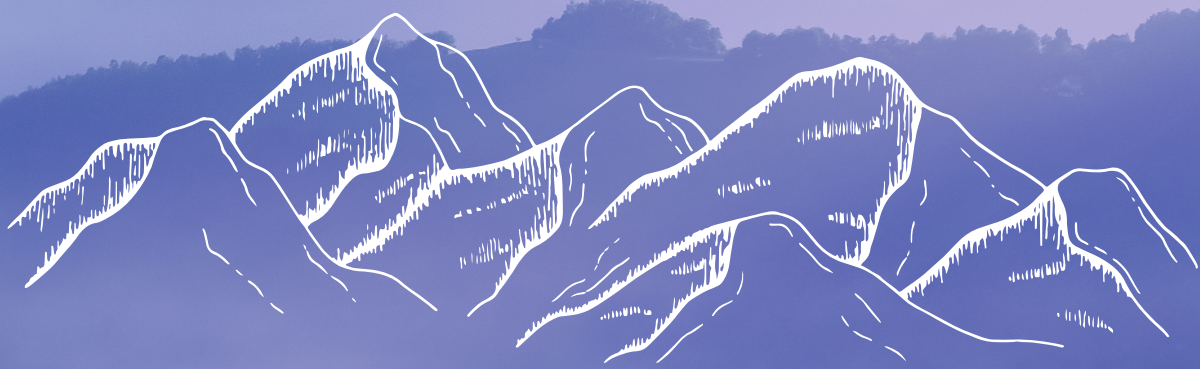


A STUDY OF THE
BIBLE'S MOUNTAINS
AND WHAT THEY
TELL US ABOUT
ENJOYING GOD'S
PRESENCE



Summits

By Kat Armstrong

Discussion Guide



1. When Kat shared about Jesus being tested on the mountain, she said that tests reveal who we are, what we know, and what we'll choose. Can you think of a test that may have revealed some of these to you? Explain what that test or trial revealed about who you were, what you learned, and what you chose.

2. Jesus responded to Satan's temptations on the mountain of testing with Scripture. What does that tell you about the power of Scripture? Do you have a "go-to" Scripture when you sense the Enemy testing you?

3. If your relationship with God is being tested, Kat reminds us of three things: a.) to remember the cross and Jesus's sacrificial love for us as a display of His goodness, b.) to look to the cross as a reaffirmation of who we are to Him, c.) Follow the way of the cross through mirroring His sacrificial love. Are there any of these three things that are difficult for you to do in a season of testing? Why?

4. Matthew 4 is a short chapter. Take a moment to read the passage. Underline anything that stands out to you. Is there something new that you've never noticed before? Any questions you may have? Any nuances to the story that the Spirit is showing you?

5. What might be a next step for you if you're experiencing a season of testing or temptation?



1. Is someone you know nursing a deep church wound? Are you? What does that look like for them/for you? How has it affected worship, community, or faith? Take a moment to pray for that person or for yourself to be open to letting God come in to heal and comfort.

2. Sometimes we resist doing what we know is right. Has there been a recent example of this in your own life? Why was it hard to choose what was best?

3. When we are in need of transformation, Kat challenges us to think about renovation instead of demolition as we restore our walk with Jesus. We can also look at this as choosing reconstruction after a season of deconstruction. Dallas Willard says, "It's the inner life of the soul we must aim to transform." Take a glance at Romans 12:1-2, what can we learn about transformation from these verses?

4. Christlikeness is our goal, and that takes transformation. Christlikeness also takes knowing what Christ is actually like. After reading Matthew 4:23 – 5:48, the verses from Session 2 of Summits, what can we learn about Christ? List all the things you find.

5. Kat said that simply purposing to do better won't cut it... for the church as a whole, and for ourselves. It is not by will-power that we can be transformed but by Christ, through the power of the Holy Spirit who does the work, so you can rest in that truth! He does the work by convicting us towards obedience, giving us opportunities for faithfulness, by forgiving us when we mess up, and by giving us the strength, wisdom, and grace to complete the renovation process. Is there one thing that you can release to Jesus today to let Him begin to transform in your life? If so, what is that and what is He asking you to do as an act of faith and trust?



1. Transfiguration is a special form of transformation. It is a change in form or appearance into something better, more beautiful, or superior. Read about the Transfiguration in Matthew 17:1-8. How did Jesus's appearance change? Check out who Peter, James, and John saw on the mountain of Transfiguration with Jesus and share how you might have felt in that moment if you were there with them.

2. The purpose of the Transfiguration of Jesus was to give three of Christ's closest disciples a glimpse into the splendor of His glory. Even though they didn't fully understand, the disciples on the mountain with Jesus received a greater awareness that Jesus was indeed the Son of God. They had just learned that Christ would have to die, now they had hope that something bigger than death was at hand. Kat shared that Jesus's transfiguration provides a pathway to hope when times are tough. Where is hope missing in your life? What challenges keep stealing your hope?

3. Kat said, "When your life feels like an impossibly high mountain to climb, and when you're winded from adversity, Jesus can calm your fears with his nearness... He is as close to you as your own breath." How does a fresh reminder of the truth of Jesus's nearness to you give you hope?

4. Everyone left the mountain that day a little different after experiencing the Transfiguration. In fact, you could say that the encounter with God's glory even transfigured Peter, James, and John! Do you have a God story about your faith when He transfigured you?

5. For those of us who have accepted Jesus as our Savior, we have all been transfigured into something better and more beautiful... we have been made new and are children of God! 2 Corinthians 5:17 says, "Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come." Is there someone you know who needs to have an encounter with Jesus that will transfigure their lives? Do you need it? Spend some time asking God to reveal Himself to them (or to you) in a way that will transform fear into hope and transfigure their faith.

1. Many Christ-followers are becoming more and more aware of the deep need for the love of Jesus to penetrate this world. The Great Commission teaches us that this was God's plan from the beginning. But the burden of carrying that message can be so daunting, especially in the face of extremely difficult times. You are not alone in the mission to reach the world with the love of Jesus. His divine presence with you is a promise! What are some of the circumstances where you know people desperately need to experience the authentic love of Jesus? How well do you feel equipped to bring that message to them? What part can you play in bringing God's love into that situation, if any?

2. Read Matthew 28:1-20. How does the appearance of the angel at the tomb resemble the appearance of Jesus in the Transfiguration in Matthew 17:1-8? What significance might this have about Jesus's deity? List anything that stands out to you in this passage about His encounter with the women and the other disciples.

3. Kat shares that there is a pattern with the disciples of Jesus in the Bible. That pattern can be seen after the disciples receive divine revelation – they worship, and they also waver. You can worship God sincerely and struggle with a wavering faith. Doubt and fidelity to God's mission aren't mutually exclusive. In fact, Kat suggests that sometimes doubt is necessary for faith to form. What are some doubts that you might have about Jesus? What helps you follow Jesus faithfully even in the midst of doubt?

4. What does Jesus's statement, "Surely I am with you to the very end of the age" have on your life at the moment? Is there some reason why you might need the reminder of God's presence with you today?

5. Take a moment to silence your phone, close your eyes, and simply acknowledge the presence of God with you. He's there. God's presence is the repeating pulse felt throughout the whole Bible, and it didn't stop in Revelation. It is still true today. Jesus is the God who stays. You are not alone.