

**Ice Breaker:**

**What tries your patience the most?**

**Who is the most patient person you know?**

**Groups Discussion Questions:**

Eric talked about Mountain Top experiences. When in your life have you Had one of those.

What was the hardest part about returning back to “regular” life?

Read Luke 9:28-36

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*The Transfiguration*

*28 About eight days after Jesus said this, he took Peter, John and James with him and went up onto a mountain to pray. 29 As he was praying, the appearance of his face changed, and his clothes became as bright as a flash of lightning. 30 Two men, Moses and Elijah, appeared in glorious splendor, talking with Jesus. 31 They spoke about his departure, which he was about to bring to fulfillment at Jerusalem. 32 Peter and his companions were very sleepy, but when they became fully awake, they saw his glory and the two men standing with him. 33 As the men were leaving Jesus, Peter said to him, “Master, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah.” (He did not know what he was saying.)*

*34 While he was speaking, a cloud appeared and covered them, and they were afraid as they entered the cloud. 35 A voice came from the cloud, saying, “This is my Son, whom I have chosen; listen to him.” 36 When the voice had spoken, they found that Jesus was alone. The disciples kept this to themselves and did not tell anyone at that time what they had seen.*

**How would you have responded to this experience?**

**Why do you think God had them be a part of this?**

**Why do you imagine the disciples kept this to themselves and not tell anyone else?**

**How do you think they felt coming off the Mountain?**

## **Read Luke 9:**

Luke 9:37-43

**37** *The next day, when they came down from the mountain, a large crowd met him.*

**38** *A man in the crowd called out, "Teacher, I beg you to look at my son, for he is my only child. **39** A spirit seizes him and he suddenly screams; it throws him into convulsions so that he foams at the mouth. It scarcely ever leaves him and is destroying him. **40** I begged your disciples to drive it out, but they could not."*

**41** *"You unbelieving and perverse generation," Jesus replied, "how long shall I stay with you and put up with you? Bring your son here."*

**42** *Even while the boy was coming, the demon threw him to the ground in a convulsion. But Jesus rebuked the impure spirit, healed the boy and gave him back to his father. **43** And they were all amazed at the greatness of God.*

**Eric said that when your faith is increased, it will be attacked by unbelief. When have you experienced this?**

**How do you think Jesus felt coming off the Mountain?**

**In the message we said that Jesus shows us it is okay to feel frustrated or disappointed. Do you agree or disagree?**

**Do you see similarities between this story and what happened with Moses?**

Read or Listen to Exodus 32 together.

**How did Moses and Jesus handle their frustration differently?**

**Frustration and disappointment happen, but they are not a reason to quit. What can you learn from Jesus and apply to your life through this story?**

**Why can we not live on the Mountain Top experiences in life?**

**Prayer Requests**

## **Digging Deeper:**

Hebrews 4:15

*15 For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin.*

**This verse says Jesus was tempted in every way. We have one account of Jesus facing extreme temptation in Luke 4. Read this together and answer the following question:**

**How did Jesus handle temptation?**

**What might have been Jesus' temptation when he returned off the Mountain of Transfiguration?**

**Have you ever faced that temptation?**

**How could the way Jesus handled temptation in Luke 4, help you with handling temptation in your own life?**