



**Life Group Study Guide**  
**Down From The Mountain – Stand Alone Sermon**  
**May 31, 2020**

**Watch:**

May 31, 2020 Sermon

Available on-demand on [Facebook.com/WEOmaha](https://www.facebook.com/WEOmaha) and [YouTube.Com/WE Omaha](https://www.youtube.com/WE%20Omaha)

**Read:**

*After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. <sup>2</sup> There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. <sup>3</sup> Just then there appeared before them Moses and Elijah, talking with Jesus.*

*<sup>4</sup> Peter said to Jesus, “Lord, it is good for us to be here. If you wish, I will put up three shelters—one for you, one for Moses and one for Elijah.”*

*<sup>5</sup> While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!”*

*<sup>6</sup> When the disciples heard this, they fell facedown to the ground, terrified. <sup>7</sup> But Jesus came and touched them. “Get up,” he said. “Don’t be afraid.” <sup>8</sup> When they looked up, they saw no one except Jesus.*

*– Matthew 17:1-8*

**Ask:**

1. Let's talk about boxes for a minute. Describe them. What are some characteristics? What are some uses? How are they helpful? How do they hinder? Why do we use them?
2. What are some "boxes" that you have been put into? How did those labels make you feel? What do you feel led to you being placed in those boxes?
3. Now, flip the switch. How have you placed others in boxes? What was your rationale for placing these labels? Think about your answer to how being labeled made you feel. Knowing your feelings about being labeled and how those labels misrepresented you, how can you see that the boxes you used for others were "too small?"
4. How do you try to put God in a box? What image of God have you created in your mind? Why do you think you do this? How has this label of God affected your faith?
5. Share an example of a mountain top experience you have had. Looking back, what led you there? What was it like "coming down" from the mountain?
6. Craig mentioned an experience he had where he had to make a journey from "his head to his heart." What do you think that meant? How can you make this same type of journey?
7. Peter and the others are scared and fall to the ground. WE are often like them, hiding our faces when opportunities (good or bad) arise. WE let fear overcome our faith. How have you experienced this?
8. *Then Jesus came over and touched them. "Get up," he said. "Don't be afraid." –Matthew 17:7.* How have you experienced Jesus' touch? Where in your life is it that Jesus is telling you to "Get up and don't be afraid? What excuses have you been making to stay put?

9. Craig said, "We can fix mistakes. We can't recover missed opportunities." Discuss this statement amongst your group. What does this mean to you? How can your faith allow you to do this?
  
10. We are living in anxious days. There's a pandemic. Financial worries. Family stress. Racial tension. What are some ways you can GET UP in regard to current events? As a Life Group, what can you do to make a positive step rather than place things in a box?
  
11. Often, we don't realize WE need Jesus, until Jesus is the only thing we have left. Life will eventually bring us to our knees and it's then that we finally look up. What would your life look like if you looked up NOW and instead of seeing boxes or labels, you just saw Jesus? How would your interactions with others change? How would your perception of events/situations change? Would you be more likely to get up or continue to hide? Why?

**Pray:**

*This week, let us be a people who pray. For our families. For our communities. For our world. Pray for the pandemic. Pray about Civil Unrest. Pray that all voices will be heard and better understood. Pray for law enforcement. Pray for our kids. Pray for each other. And pray that we will get up and not be afraid.*