

Bible notes for small groups WB 1st June 2025

The Mountain Top comes to the Valley

Over the past couple of weeks we have been thinking about how to bring ‘the mountain top experience’ that we sometimes have, down the valley to our ‘normal’ lives.

Revelation 4:2-11

This was John’s ‘Mountain Top’ experience when God showed him the worship that goes on in heaven. **Once we have been to the mountain top with Jesus and seen His real self and the glory of God our lives can never be as they were before.**

- What do you understand by the term ‘mountain top experience’? You may want to refresh your memory and read Matthew 17:1-9

Last week Pastor Paul said that **worship should never be just the time we spend on a Sunday in church** but something we engage in all the time every day as an expression of our lives which we then bring in to church when we meet together. Everything we do, say think should be part of a life of worship. Then when we bring that and worship together it all rises to Heaven to bring glory to God. That worship is a powerful force in the heavenlies and on earth.

- How do you think the things that make up our every day could be presented as worship to God?

We realise that this worship will only be perfect once we go to glory but **even when we fall short of that perfection, Jesus has our backs when He sees our open hearts.** It is that open heart to worship and please the Lord that is so powerful. **It changes things here on earth and in the heavenly realms.**

Mark 12: 41-44

The lady in the reading worshipped God with everything she had. **Her poverty was immense but she held nothing back from God.** She gave her all in secret without anyone knowing except Jesus. Her act of worship was powerful to the bringing down of strongholds. What an example for us.

- What are your most dearly held experiences of times of worship when the presence and power of God was evident as you worshipped? How did you experience that presence?

Paul also made the point that 'offering' usually means giving money for the work of the Lord but it can also mean giving of ourselves, our time, our giftings all day long.

When we attempt that kind of dedication it comes from recognising that we should be doing it. However, the attitude that we really will try very hard to do it, even when it is because we want to show Jesus that we love Him, is not sustainable for long when it is just an add on to our lifestyle.

When our heart has been to the mountain top with Jesus that heart will be changed and the persistent worship will flow automatically out of us, unless we make a conscious decision to go back to the old style. We will know the change has happened when opportunities to worship are delayed, spoiled or attacked and we find we are very disappointed. Worship will flow out of us in spite of what is happening and this is what changes this as we worship.

- How do you see yourself as a worshipper? How do you think God sees you as a worshipper?

Even when we consider ourselves to be insignificant as an individual when we truly worship, God sees it differently and what is more that offering comes with us when we come to church and the corporate act of worship is far greater than the individual parts.

Think how frail and vulnerable one snowflake is and yet when they come together, they can create situations that can stop a nation in its tracks. There is nothing wrong with being

a snowflake. But it is even stronger and more beautiful when they all come together.



repeated as we call and wait on Him.

1] As we pursue Jesus He is longing to take us to the mountain top with Him, to experience, just for a while, the beauty, majesty and glory of who He really is. And not just once. It is an opportunity that can be

2]We need to open our hearts so that when we come back down the mountain, we will bear fruit in the valley as we worship and pray continuously going about our daily lives.

As we collaborate together and co-operate with God things change in the spiritual realms and on earth in God's time and in God's way.

- Are there any ways in your small group that you can help each other to seek Jesus and go up the mountain with Him?
- Are there any ways in you small group that you can be fruitful in the valley when you come back down?