

Dan's Devotion: Coming Down from the Mountain Top

Have you ever had a spiritual high where you felt really close to God and then that high was followed by some kind of let down when you get back to regular everyday life? This might happen after a retreat or conference or mission trip or maybe a powerful event at the church. As most of you know we just went through a week of 24/7 prayer at the church. A lot of people had some neat encounters with God during that week. The danger though, is that after a special time like that we feel a big letdown and maybe even feel a little depressed.

Do you remember when Jesus took Peter, James, and John, up on a mountain and Jesus somehow changed in front of them to show the glory of God? They call it the transfiguration. And then Moses and Elijah showed up and start talking to Jesus. That's crazy stuff! Talk about a mountain top experience. But then after it was all over, Jesus told them not to tell anyone about it. You can read about this story in Matthew 17:1-13.

I bet those guys went through a little bit of let down when they got back down from the mountain. They would never be able to re-create what they had seen no matter how hard they tried.

I think we need to look at our mountain top experiences as building blocks. No, we can't stay on the mountain top forever, but we can use those experiences as spring boards into a closer daily walk with Jesus. God desires to walk with you on a daily basis. No, it's not easy with our busy lives, but you can still include God as a part of your busy life.

Micah 6:8 says, "*And what does the Lord require of you? To act justly and to love mercy and walk humbly with your God.*" Let's all seek to humbly walk with God on a daily basis not just during the mountain top experiences.

In Christ,

Dan