

# SERMON NOTES 27 February 2022

## sunnysidechurch

**Bible Readings: Exodus 34:29-end and Luke 9:28-36**

### Questions for Discussion

1. Share any “mountain top experiences” you have had.
2. What has helped you when you have come down from the mountain to the valley below?
3. How does the account of the Transfiguration speak to you of the glory of God?
4. What are you expecting from this coming season of Lent?
5. How can Lent be (a) a time of discipline, and (b) a Springtime for our souls?

### A Prayer for Lent

Lord God, with Lent we approach the springtime of the year, when the face of the earth is renewed and life emerges out of death.

We pray that this season of Lent may be a veritable springtime for our souls, so that our lives, quickened by the breath of the spirit and warmed by the sunshine of your love, may bear abundant fruit and be made radiant with the beauty of holiness, through Jesus Christ our Lord. Amen.

### Main points of the sermon

I have found going up to the top of a mountain an exhilarating experience. I look back at some of the wonders of God’s creation that I have enjoyed from the top of a mountain. Unfortunately we have at some point to come down from the summit to the valley below. Most mountain tops do not have the resources to support life and we have to descend to live day to day lower down.

Peter, James and John were taken to the top of the mountain to pray. Here they had a great “mountain top experience”. Jesus’ appearance became as dazzling white and two men. Moses (representing the law), and Elijah (the prophets) appeared in glory, talking with Jesus. The reaction of Peter was typical for him at this point in his life, he wanted to make a memorial marking this occasion. They heard a voice from heaven with words like those they heard at Jesus’ baptism. “This is my Son whom I have chosen, listen to him”. But they had to come down from the mountain for as a companion of Jesus they were going to need the strength of this experience of the wonder and glory of God to face the realities of what lay ahead a journey culminating with the cross and the resurrection.

The season of Lent is the time of preparation for Easter. There is a sombre and disciplined side to Lent but this can lead for us to be a “springtime for our souls”.

John Kirkby