



**NAME:** \_\_\_\_\_

**GRADE:** \_\_\_\_\_

**What you hold in your hand** is an incredible resource, a tool designed to help us effectively partner with parents and lead children into a growing relationship with God.

**Contained within the pages of this booklet you'll find:**

- a. Important scriptures, such as our memory verse.
- b. Amazing and relevant Bible stories.
- c. Key points that make up the exciting messages planned for this entire series.
- d. A place to stamp for each service attended.

This booklet was created to inform you of exactly what our children's ministry will speak about each service. You'll be able to review with your children the messages covered, and also look ahead as the series unfolds.

**So partner with us** and help your children learn responsibility by bringing this booklet every service. Each time they visit, we will put a stamp in their book to show that they attended, and also filled out each point of that day's lesson in this book.

As an added incentive, we'll continue to give a special reward to those who have attended each day.



## PRESS TOWARD THE UPWARD CALL

In 1953, Tenzing Norgye and Sir Edmund Hillary did the unthinkable, the unimaginable and the impossible: they made it to the top of Mt. Everest.

Tenzing Norgye was always a climber – it was his lifestyle. He had climbed many other mountains, and even attempted to ascend Mt. Everest six times before. It takes a lot of time, effort and resources to attempt a climb of this nature. Can you imagine heading down the mountain after that sixth failed attempt?

Tenzing Norgye wasn't a quitter though, not even after six unsuccessful attempts up the mountain. He wasn't a camper either – he could have been content having set the record for highest altitude stepped upon by a human being. No climber had ever set foot higher up than he did until that point.

But he wasn't a camper either: he wasn't going to stay where he was. He was going to climb as high as he could.

In life there are three different types of people. There are quitters, there are campers, and there are climbers. Quitters give up and turn around. Campers are content with the level they are at. Climbers are never satisfied until they've reached the heights that God has called them to be at.

There is a zone above a certain altitude that climbers call "the death zone." It's where the body slowly dies until climbers can get back below. If they want to reach the peak though, they have to disregard everything else and "die to self" in order to get to the summit.

If we want to go higher in our relationship with God, we have to die to self as well. It takes sacrifice and reaching beyond our normal capabilities to elevate to the next level. So ask yourself this question as you look at the peak before you: are you a quitter, a camper or a climber?



## PRESS TOWARD THE UPWARD CALL

“When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. Arriving at a quiet place, he sat down and taught his climbing companions.” **Matthew 5:1-2 (MSG)**

“Come, let us go up to the mountain of the LORD... He will teach us His ways, so that we may walk in His paths.” **Micah 4:2 NIRV**

“The LORD descended to the top of Mount Sinai and called Moses to the top of the mountain. So Moses went up.” **Exodus 19:20 NIRV**

“The Lord your God will make you leaders, not followers. Pay attention to His commands that I’m giving you today. Be careful to obey them. Then you will always be on top. You will never be on the bottom.”  
**Deuteronomy 28:13 NIRV**

“After he had dismissed them, he went up on a mountainside by himself to pray.” **Matthew 14:23 NIRV**

“I press toward the goal for the prize of the upward call of God in Christ Jesus.” **Philippians 3:14 NKJV**



**1. Don't be a \_\_\_\_\_.** It may appear as if an avalanche of trouble is heading your way, or perhaps that mountain in your life seems too big. But don't give up and turn around now!

*"We often suffer, but we are never crushed. Even when we don't know what to do, we never give up." 2 Corinthians 4:8 CEV*

**A. MOUNTAIN**

**B. QUITTER**

**C. PICK**

**2. Don't be content where you're at, and be a \_\_\_\_\_.** Campers settle for where they are, not willing to go higher. It's okay to rest, and look back on your accomplishments. But after that, if you're not still climbing, you're going nowhere.

*"Foolish people are satisfied with the way they live." Proverbs 1:32 NIRV*

**A. ROPE**

**B. GLACIER**

**C. CAMPER**

**3. God wants us to be a \_\_\_\_\_.** The Bible is filled with climbers such as Moses, David, Abraham, Elijah, and of course Jesus. Like them, each of us is called to go higher – to newer and more exciting altitudes. Press on towards the prize of the upward call!

*"I press toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:14 NKJV*

**A. CLIMBER**

**B. CARIBINER**

**C. TAQUITO**



**Memory Verse:** *"I press toward the goal for the prize of the upward call of God in Christ Jesus." Philippians 3:14 NKJV*

# Notes

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## THIS IS HOW YOU SHOULD PRAY

Do you want to hear about the real power of prayer? Listen to this: Jesus climbed a mountainside by himself to pray, and in just two verses, he was literally walking on top of the water! And by the end of that same chapter in the Bible, he was healing many sick people from all over the region.

We'll go ahead and say it for you: that's amazing! That's the power of prayer. In fact, prayer is so important to us that Jesus didn't say "if" you pray. He said, "this, then, is how you should pray." And throughout his ministry, you can read how often he prayed, and how many miracles followed!

If you're looking to walk on top of your problems like Jesus walking on top of the water, the answer is prayer. If you're looking to conquer any mountain-sized challenge, the answer is prayer. In fact, prayer is the answer to nearly any question!

Why do we pray? Prayer brings us a connection with God, a greater focus, and the power to do what He's called us to do. Prayer brings us peace, an inner strength, and guidance. All that comes when we connect with the Lord Himself!

Where do we pray? Jesus found a mountainside, looking for a quiet place to pray, away from everyone but God. We're not praying somewhere in front of everyone, just to show them how holy we are. No, the reason we pray is for a closer relationship with our Heavenly Father, and a focused and blessed life.

How do we pray? At the Sermon on the Mount, Jesus showed us the best way to pray, giving us an example. It's called the Lord's Prayer, and it's the most famous and important prayer in all history.

Do you want to know the power of prayer? Spend more time with the Lord's Prayer. It's a prayer worth learning, and a prayer worth praying time and again.



## THIS IS HOW YOU SHOULD PRAY

“After he had dismissed them, he went up on a mountainside by himself to pray.” **Matthew 14:23 NIV**

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” **Philippians 4:6-7 NIV**

“This, then, is how you should pray:

‘Our Father in heaven, hallowed be your name,  
your kingdom come, your will be done, on earth as it is in heaven.  
Give us today our daily bread.

And forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from the evil one.

For yours is the kingdom and the power and the glory forever. Amen.”

**Matthew 6:9-13 NIV**

“Never stop praying.” **1 Thessalonians 5:17 NIRV**



1. \_\_\_\_\_ **do we pray?** Jesus went up a mountainside to pray, and two verses later, he was walking on top of the water. By the end of that same chapter, he was healing many people who were sick. Prayer brings us a connection with God, a greater focus, and even the ability to do what He's called us to do.

*"After he had dismissed them, he went up on a mountainside by himself to pray." Matthew 14:23 NIV*

**A. WHAT TIME**

**B. WHICH**

**C. WHY**

2. \_\_\_\_\_ **do we pray?** Jesus climbed mountains, and looked for a quiet place to pray, away from everyone but God. We don't pray because we want to be seen by others. A life of prayer leads to a closer relationship with our Heavenly Father, and a focused and blessed life.

*"When you pray, go into your room. Close the door and pray to your Father, who can't be seen. Your Father will reward you, because He sees what you do secretly." Matthew 6:6 NIRV*

**A. WHERE**

**B. WHAT**

**C. HOW OFTEN**

3. \_\_\_\_\_ **do we pray?** At the Sermon on the Mount, Jesus showed us the best way to pray, giving us an example, and the most famous and important prayer in all history. It's called the Lord's Prayer, a prayer worth learning, and a prayer worth praying time and again.

*"This, then, is how you should pray:" Matthew 6:9 NIV*

**A. WHICH**

**B. HOW**

**C. TO WHAT EXTENT**





**Memory Verse:** *“Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as it is in heaven. Give us today our daily bread. And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one. For yours is the kingdom and the power and the glory forever. Amen.”*  
Matthew 6:9-13 NIV

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## GO CLIMB A ROCK

Do you want to make it to the top? If so, there are three things all climbers do to get ready, things you can do as well.

First, be prepared. The distance between dreams and reality is called discipline. Climbers aren't going to make it to the top unless they have the discipline to train their bodies and their minds. In the same way, we can only reach those places God wants us to go if we have self-control, and a desire to train ourselves to become all He wants us to be. It takes sacrifice, and it can be quite a challenge. But once you start taking action, the Lord Himself will be with you for the climb. He'll be right there alongside you, every step of your journey.

Discipline is choosing between what you want now, and what you want most. He sees the effort you're taking in every step, and yes, He rewards those who earnestly seek Him.

The second thing to do is this: get acclimated. Climbers going up Mt. Everest are recommended to stay at the Everest Base Camp a few days first. You see, before you can go really high up to the tops of these mountains, you have to spend some time at a higher elevation, getting used to the atmosphere. What kind of atmosphere are you spending your time in? Is it something that can help you go higher?

The third thing is equally important: learn from your guide! Joshua stayed with Moses, going up the mountain, and not those content to be at the base. Following a lead climber will help you go further than ever. When we spend time around others, we tend to pick up their talents, abilities and habits. Are you learning from a leader who can help you climb to the peak?

It's a simple climbing route, but when you have discipline, when you're in the right atmosphere, and when you follow a good lead climber, you'll make it to the top. So what are you waiting for? Go climb a rock!



### FINDING DISCIPLINE:

“Ahab did it: got up and ate and drank. Meanwhile, Elijah climbed to the top of Carmel, bowed deeply in prayer, his face between his knees.”

– **1 Kings 18:42 (MSG)**

“It is not the mountain we conquer but ourselves.” – **Sir Edmund Hillary**

### CHANGING YOUR ATMOSPHERE:

“But you are a man of God. Run away from all these things. Try hard to do what is right and godly. Have faith, love and gentleness. Hold on to what you believe.” – **1 Timothy 6:11 NIRV**

“Come. Let us go up to the Lord’s mountain. Let’s go to the temple of Jacob’s God. He will teach us how we should live. Then we will live the way He wants us to. The law of the Lord will be taught at Zion. His message will go out from Jerusalem.” – **Isaiah 2:3 NIRV**

“When a flower doesn’t bloom, you fix the environment in which it grows, not the flower.” – **Alexander Den Heijer**

### LEARNING FROM YOUR GUIDE:

“So Moses got up, accompanied by Joshua his aide. And Moses climbed up the mountain of God.” – **Exodus 12:13 (MSG)**

“After six days Jesus took Peter, James and John with him. He led them up a high mountain.” – **Mark 9:2 NIRV**

“A mentor is someone whose hindsight can become your foresight.”  
– **Anonymous**

“You’re off to great places! Today is your day! Your mountain is waiting. So get on your way!” – **Dr. Seuss**



**1. Find \_\_\_\_\_!** Climbers aren't going to make it to the top unless they have the discipline to train their bodies and their minds. In the same way, we can only reach those places God wants us to go if we have self-control, and a desire to train ourselves to become all He wants us to be. *"Training the body has some value. But being godly has value in every way. It promises help for the life you are now living and the life to come."*  
1 Timothy 4:8 NIRV

**A. DISCIPLINE**

**B. WEALTH**

**C. EL CAPITAN**

**2. Get \_\_\_\_\_.** Climbers going up Mt. Everest are recommended to stay at the Everest Base Camp a few days first. You see, before you can go really high up to the tops of these mountains, you have to spend some time at a higher elevation, getting used to the atmosphere. What kind of atmosphere are you spending your time in? Is it something that can help you go higher? Get acclimated, and get ready to ascend to new heights. *"You were taught not to live the way you used to. You must get rid of your old way of life. That's because it has been made impure by the desire for things that lead you astray. You were taught to be made new in your thinking. You were taught to start living a new life. It is created to be truly good and holy, just as God is."* Ephesians 4:22-24 NIRV

**A. DOWN**

**B. GEAR**

**C. ACCLIMATED**

**3. Learn from your \_\_\_\_\_.** Joshua stayed with Moses, going up the mountain, and not those content to be at the base. Following a lead climber will help you go further than ever. When we spend time around others, we tend to pick up their talents, abilities and habits. Are you learning from a leader who can help you climb to the peak? *"Then Moses set out with Joshua his aide, and Moses went up on the mountain of God."* Exodus 24:13 NIV

**A. GUIDE**

**B. EQUIPMENT**

**C. CLIMATE**



**Memory Verse:** *"But here is the one thing I do. I forget what is behind me. I push hard toward what is ahead of me." Philippians 3:13 NIRV*

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## STAND TALL

You'd be hard pressed to find a more dramatic ascent of a mountain in the Old Testament than at the base of Mt. Carmel. Could you imagine the group of climbers that had assembled at the base of that mountain? Very soon at the top, there'd be an incredible showdown of epic proportions! It would be one that would determine who the nation of Israel would worship from that point on. Would it be the god Baal, or would it be the one true God?

If numbers of worshippers alone were to say anything, the answer should have been Baal. Elijah was one of the only prophets of God left standing, but nevertheless, he didn't "Baal" out on God. He stood his ground and challenged all the prophets of Baal to a showdown, and what a match it was.

Elijah knew there was a lot at stake. He knew others were watching, and that others would follow God too if only he would make a stand on Mt. Carmel. As you know, Elijah did make that stand on Mt. Carmel, and God showed up at the peak of the mountain, big time. Flames dropped down from the skies and consumed his offering, and when the people saw this, they fell down and cried, "The Lord – He is God!"

We don't put our lives at stake every single day, but we do find ourselves in a position frequently where we have to make a stand. When those times come, it's important to show courage and do the right thing, because others are watching. There's a lot on the line, but God is a rewarder of those who diligently climb higher to seek Him.



## STAND TALL

*“Now send for people from all over Israel. Tell them to meet me on Mount Carmel. And bring the 450 prophets of the god Baal. Also bring the 400 prophets of the goddess Asherah. All of them eat at Jezebel’s table.”*

*So Ahab sent that message all through Israel. He gathered the prophets together on Mount Carmel.*

*Elijah went there and stood in front of the people. He said, “How long will it take you to make up your minds? If the Lord is the one and only God, follow Him. But if Baal is the one and only God, follow him.”*

*The people didn’t say anything.*

*Then Elijah said to them, “I’m the only one of the Lord’s prophets left. But Baal has 450 prophets. ... pray to your god. And I’ll pray to the Lord. The god who answers by sending fire down is the one and only God.”*

*Then all of the people said, “What you are saying is good.” Elijah spoke to the prophets of Baal. He said, “Pray to your god. But don’t light the fire.” They prayed to Baal from morning until noon. “Baal! Answer us!” they shouted. But there wasn’t any reply. No one answered. Then they danced around the altar they had made.*

*At noon Elijah began to tease them. “Shout louder!” he said. “I’m sure Baal is a god! Perhaps he has too much to think about. Or maybe he has gone to the toilet. Or perhaps he’s away on a trip. Maybe he’s sleeping. You might have to wake him up.”*

*Then he said to some of the people, “Fill four large jars with water. Pour it on the offering and the wood.” So they did.*

*“Do it again,” he said. So they did it again.*

*“Do it a third time,” he ordered. And they did it the third time. The water ran down around the altar. It even filled the ditch.*

*When it was time to offer the evening sacrifice, the prophet Elijah stepped forward. He prayed, “Lord, you are the God of Abraham, Isaac and Israel. Today let everyone know that you are God in Israel. Let them know I’m your servant. Let them know I’ve done all of these things because you commanded me to. Answer me. Lord, answer me. Then these people will know that you are the one and only God. They’ll know that you are turning their hearts back to you again.”*

*The fire of the Lord came down. It burned up the sacrifice. It burned up the wood and the stones and the soil. It even licked up the water in the ditch.*

*All of the people saw it. Then they fell down flat with their faces toward the ground. They cried out, “The Lord is the one and only God! The Lord is the one and only God!”* **Taken from 1 Kings, Chapter 18**



**1. Don't \_\_\_\_\_ out on God.** Take a stand like Elijah did, even if no one else will. As Christians, it is our job to be a light unto the world and set a higher standard. Make a stand, and stand tall!

*"Elijah went there and stood in front of the people. He said, 'How long will it take you to make up your minds? If the Lord is the one and only God, follow Him. But if Baal is the one and only god, follow him.'"*

*1 Kings 18:21 NIRV*

**A. BAAL**

**B. DRY**

**C. CLIMB**

**2. Your \_\_\_\_\_ can lead others to climb.** Mt. Carmel was an incredible mountain top experience for those people who saw Elijah. Our example can lead others in the right direction, upwards to that higher calling as well.

*"All of the people saw it. Then they fell down flat with their faces toward the ground. They cried out, 'The Lord is the one and only God! The Lord is the one and only God!'"* *1 Kings 18:39 NIRV*

**A. FOOTHOLD**

**B. FAITH**

**C. PEAK**

**3. God rewards those who diligently \_\_\_\_\_ Him.** Elijah saw his faith in God rewarded on Mt. Carmel. If we keep our faith in God, He'll help us climb higher and higher to our goal.

*"The fire of the Lord came down. It burned up the sacrifice. It burned up the wood and the stones and the soil. It even licked up the water in the ditch"* *1 Kings 18:38 NIRV*

**A. REMIND**

**B. SEEK**

**C. CHASTISE**





**Memory Verse:** *"But as for me and my house, we will serve the Lord."  
Joshua 24:15 NKJV*

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## GOD WILL PROVIDE

At the top of the mountain, everything changes. Abraham's life completely turned around the day he was told to climb Mount Moriah with his son, Isaac. It was the ultimate test for Abraham, as he was asked to do something dramatic: sacrifice his only son. Fortunately, God had a plan. Once He saw Abraham's obedience, He provided a substitute for the sacrifice, sparing Isaac's life. God is Jehovah Jireh, our Provider. In fact, from that point on, everyone said, "It will be provided on the mountain of the Lord."

Many years later, King David would find himself on top of this very mountain, pleading for God to forgive him. He was told to build an altar to the Lord, and it was here that David found forgiveness. He decided to build a temple for God right there upon Mount Moriah, where sacrifices would be made to cover for the sins of the people. King David's son Solomon completed the temple, and for many years it stood on top of the mountain, a place of forgiveness.

But forgiveness always came with a price – and sacrifice. Our sins could never be completely washed clean, and there was no one to stand in the gap for us. That is, until something else happened that shook this very mountain and sent tremors throughout history: Jesus, the perfect Son of God, came to earth. He would go to this very mountain, and it was there that he would offer himself as a substitute, taking our place.

Isaiah prophesied that, "He took the sins of many people on himself. And he gave his life for those who had done what is wrong." He did not have to do this, of course. We could have been left to the punishment we deserved. But "God loved the world so much that He gave His one and only Son."

On Mount Moriah, Abraham had found a substitute. On Mount Moriah, King David found forgiveness. On Mount Moriah, all of us found both: we found a savior. It was provided on the mountain of the Lord.



## GOD WILL PROVIDE

*Then God said, "Take your son, your only son. He is the one you love. Take Isaac. Go to Moriah. Give him to me there as a burnt offering. Sacrifice him on one of the mountains I will tell you about."*

*Early the next morning Abraham got up. He put a saddle on his donkey. He took two of his servants and his son Isaac with him. He cut enough wood for the burnt offering. Then he started out for the place God had told him about.*

*On the third day Abraham looked up. He saw the place a long way off. He said to his servants, "Stay here with the donkey. The boy and I will go over there and worship. Then we'll come back to you."*

*Abraham put the wood for the burnt offering on his son Isaac. He himself carried the fire and the knife. The two of them walked on together.*

*Then Isaac spoke up. He said to his father Abraham, "Father?" "Yes, my son?" Abraham replied. "The fire and wood are here," Isaac said. "But where is the lamb for the burnt offering?" Abraham answered, "God Himself will provide the lamb for the burnt offering, my son." The two of them walked on together. They reached the place God had told Abraham about. There Abraham built an altar. He arranged the wood on it. He tied up his son Isaac. He placed him on the altar, on top of the wood. Then he reached out his hand. He took the knife to kill his son.*

*But the angel of the Lord called out to him from heaven. He said, "Abraham! Abraham!"*

*"Here I am," Abraham replied.*

*"Do not lay a hand on the boy," he said. "Do not do anything to him. Now I know that you have respect for God. You have not held back from me your son, your only son."*

*Abraham looked up. There in a bush he saw a ram. It was caught by its horns. He went over and took the ram. He sacrificed it as a burnt offering instead of his son. So Abraham named that place The Lord Will Provide. To this day people say, "It will be provided on the mountain of the Lord."*

**Taken from Genesis, Chapter 22 NIRV**



**1. On Mount Moriah, Abraham found a \_\_\_\_\_.** God had a plan. Once He saw Abraham's obedience, He provided a substitute for the sacrifice, sparing Isaac's life.

*"So Abraham named that place The Lord Will Provide. To this day people say, 'It will be provided on the mountain of the Lord.'" Genesis 22:14 NIRV*

**A. PIKE**

**B. SUBSTITUTE**

**C. BACKPACK**

**2. On Mount Moriah, King David found \_\_\_\_\_.** Many years later, King David would find himself on top of this very mountain, pleading for God to forgive him. It was a place where forgiveness was found, but only after sacrifices.

*"David built an altar there to honor the Lord. He sacrificed burnt offerings and friendship offerings. He called out to the Lord."*

*1 Chronicles 21:26 NIRV*

**A. ICE**

**B. FORGIVENESS**

**C. YODELERS**

**3. On Mount Moriah, all of us found a \_\_\_\_\_.** Forgiveness always came with a price – and sacrifice. Our sins could never be completely washed clean, and there was no one to stand in the gap for us. That is, until something else happened that shook this very mountain, and sent tremors throughout history: Jesus, the perfect Son of God, came to earth.

*"For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life."*

*John 3:16 NKJV*

**A. SAVIOR**

**B. TENT**

**C. ROPE**



**Memory Verse:** *“For God so loved the world that He gave His only begotten Son, that whoever believes in Him should not perish but have everlasting life.” John 3:16 NKJV*

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## LOVE WHITE AS SNOW

Mont Blanc stands tall, the highest peak in the Alps, one of the highest peaks in Europe. Its top is completely covered in snow and ice, all year round. In fact, that's what the peak's name actually means: "White Mountain." At 15,774 feet tall, this mountain is a great site for hikers, skiers, and snowboarders too. In fact, the first Winter Olympic Games ever were held at the foot of this mountain in 1924.

In all its history, this peak has always remained covered in snow, and always a brilliant white. The beautiful ice and white powder has covered all traces of rock and dirt, making Mont Blanc one of the most majestic things you can see.

Snow helps make things more beautiful, doesn't it? Perhaps that's why the Lord used it in a famous scripture from the Bible. Isaiah 1:18 tells us, "Come. Let us settle this matter," says the Lord. "Even though your sins are bright red, they will be as white as snow."

Though your sins may be pretty awful to look at, when we ask forgiveness and repent, the Lord has it covered, literally! It's as if your ugly past deeds have been covered in a blanket of white snow. The history of it is still there beneath the layers of white snow, but God has promised to forget about it. And because of Jesus, all our sins are covered by His sacrifice. Indeed, they will be white as snow!



## LOVE WHITE AS SNOW

“Come now, and let us reason together,” says the Lord, “Though your sins are like scarlet, they shall be as white as snow.” **Isaiah 1:18 NKJV**

“Here is how God showed His love among us. He sent His one and only Son into the world. He sent him so we could receive life through him. Here is what love is. It is not that we loved God. It is that He loved us and sent His Son to give his life to pay for our sins. Dear friends, since God loved us this much, we should also love one another. No one has ever seen God. But if we love one another, God lives in us. His love is made complete in us.” **1 John 4:9-12 NIRV**

“Blessed are those whose lawless deeds are forgiven, and whose sins are covered; Blessed is the man to whom the Lord shall not impute sin.”  
**Romans 4:7-8 NKJV**

“We love because He loved us first.” **1 John 4:19 NIRV**

“And suppose I have enough faith to move mountains. If I don’t have love, I am nothing at all.” **1 Corinthians 13:2 NIRV**



**1. Snow is \_\_\_\_\_.** Though your sins may be pretty awful to look at, when we ask forgiveness and repent, the Lord has it covered, literally! It's as if your ugly past deeds have been covered in a blanket of white snow, and you appear pure once again.

*"You have forgiven the iniquity of Your people; You have covered all their sin." Psalm 85:2 NKJV*

**A. PURE**

**B. OLD**

**C. COLD**

**2. Snow \_\_\_\_\_.** Countless snowflakes pour down from the heavens, accumulating and building up, covering the earth. Though we can estimate how much snowfall has occurred, God's love is *impossible* to measure. It keeps pouring down upon us, building us up and making our lives more beautiful.

*"But you, O God, are both tender and kind, not easily angered, immense in love, and you never, never quit." Psalm 86:15 (MSG)*

**A. HURTS**

**B. BUDDIES**

**C. ACCUMULATES**

**3. Snow \_\_\_\_\_ us.** When the snow falls, schools close and businesses freeze. It's a time where everyone stops what they're doing, answering the call to go out to play in a winter wonderland! It's a natural response to an outpouring of snow! But what is your response when God covers you with an outpouring of His love? Take a moment to stop everything, praise God for all He is, and experience the wonder of His unending love.

*"God remembered us when we were down, His love never quits. Rescued us from the trampling boot, His love never quits. Takes care of everyone in time of need. His love never quits. Thank God, who did it all! His love never quits!" Psalm 136:23-26 (MSG)*

**A. PRESERVES**

**B. FREEZES**

**C. BURIES**





**Memory Verse:** *“Come now, and let us reason together,” says the Lord,  
“Though your sins are like scarlet, They shall be as white as snow.”*  
Isaiah 1:18 NKJV

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## GET A GRIP!

At the rooftop of the world, climbers have to be very careful not to fall. The air is thinner, and it becomes harder to focus – and that’s why a climber has to be trained to avoid mistakes that could cause a disaster.

A climber faces one of the biggest challenges with each step. One slip and you could find yourself sliding down the broad slope of the mountain, and to certain doom. Even worse, you could be dragging others down too. The best way to avoid this, and ascend with care, is to keep on the straight and narrow path up the slope. If you find yourself in this situation and starting to slide – get a grip!

There are things you need to hold tightly to. For example, one way climbers avoid trouble is holding tightly to one another. Tether yourself to a climbing buddy. By firmly attaching themselves to each other, climbers can help each other quickly if one starts to slip. The ascent will be much easier when you help each other through the tough spots.

Sir Edmund Hillary and Tenzing Norgay were the first to reach the top of Mount Everest, but nobody knows which one of the two actually stepped foot on the peak of the mountain first. This is because they reached the top as a *team*. And similarly, that’s how God sees us working together. We can only reach the highest of heights *together*.

Of course, the best thing to hold tightly to is our Heavenly Father. If you feel things off balance, do what all climbers do: get a grip. Hold on tightly to God, our Rock. He won’t let you fall.

You can and will make it up the mountain, with determination, careful footing, and a good buddy system. If you want to enjoy the view from the top, be safe and careful – and get a grip!



## GET A GRIP!

“So let’s *do* it—full of belief, confident that we’re presentable inside and out. Let’s keep a firm grip on the promises that keep us going. He always keeps His word. Let’s see how inventive we can be in encouraging love and helping out, not avoiding worshiping together as some do but spurring each other on, especially as we see the big Day approaching.”

**Hebrews 10:23-25 (MSG)**

“Give praise to the One who is able to keep you from falling... He will bring you into His heavenly glory without any fault. He will bring you there with great joy.” **Jude 1:24 NIRV**

“Hold tight to God, your God, just as you’ve done up to now.”

**Joshua 23:8 (MSG)**

“I hold on to you for dear life, and you hold me steady as a post.”

**Psalms 63:8 (MSG)**

“Is there any god like God? Are we not at bedrock? Is not this the God who armed me, then aimed me in the right direction? Now I run like a deer; I’m king of the mountain.” **Psalms 18:31-33 (MSG)**

“I waved Tenzing up to me. A few more whacks of the ice-ax, a few very weary steps, and we were on the summit of Everest... I turned and looked at Tenzing. Even beneath his oxygen mask and the icicles hanging from his hair, I could see his infectious grin of sheer delight. I held out my hand, and in silence we shook in good Anglo-Saxon fashion. But this was not enough for Tenzing, and impulsively he threw his arm around my shoulders and we thumped each other on the back in mutual congratulations.”

**Sir Edmund Hillary**



**1. Don't let it \_\_\_\_\_.** Sin is sin, and it can mess up your walk. Even a small slip can lead to something that could cause greater harm. That's why we should keep focused! You don't want to lose your footing and find yourself sliding down the broad slope of the mountain. That leads to destruction! Even worse, you could be dragging others down with you. The best way to ascend is to keep focused on that straight and narrow.

*"The way to life – to God! – is vigorous and requires total attention."*

*Matthew 7:14 (MSG)*

**A. SLIDE**

**B. ELEVATE**

**C. GO**

**2. Get yourself \_\_\_\_\_ to a friend.** Climbers tie themselves to other climbers, just in case one starts to slip. The ascent is safer when climbers help each other through the tough spots. God put our friends and family with us to help us, so do yourself a favor and reach out to them. And don't forget to help them when they reach out to you.

*"Suppose someone falls down. Then his friend can help him up. But suppose the man who falls down doesn't have anyone to help him up. Then feel sorry for him!"*

*Ecclesiastes 4:10 NIRV*

**A. GOGGLES**

**B. TETHERED**

**C. BOOTS**

**3. Get a \_\_\_\_\_!** If your world around you is shaking, or you find yourself slipping, there's just one thing to do: get a grip. Hold fast to our Heavenly Father, our Rock. Hold firm, and don't let go, through the calm and through the storm. He won't let you fall.

*"There isn't anyone holy like the Lord. There isn't anyone except Him.*

*There isn't any Rock like our God."* 1 Samuel 2:2 NIRV

**A. DRINK**

**B. ROPE**

**C. GRIP**



**Memory Verse:** "Hold tight to God, your God, just as you've done up to now." **Joshua 23:8 (MSG)**

# Notes

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**Approval Stamp Here!**



## LOOK TO THE MOUNTAINS

In the Bible, there's one guy who just had to be a climber. His name was Caleb, and as he went into the Promised Land, he had one thing he wanted. He told Joshua, "Give me this mountain!"

Of course, this was easier said than done. There were large warriors still living on that mountain. There were battles that needed to be won. But Caleb said if the Lord was with him, he would drive everyone out. That mountain would be his.

And it was. Caleb was an older guy, and this might have come as a surprise to some. But anyone who knew Caleb's faith probably felt differently. You see, years before, Caleb was one of the only people who believed God when he was told the Israelites could take the Promised Land. Caleb had faith in God, even when surrounded with plenty of doubt. And years later, he knew he was still ready for a challenge, as long as God was with him.

Caleb was rewarded because the Bible tells us "he wholly followed God." That's what gave him the confidence to ask for an entire mountain, even one occupied by the enemy.

It doesn't matter your age or ability. If you wholly follow God, you can count on His help in times of trouble. He's promised to never leave us or forsake us. You may have a challenge before you, but with His help, that mountain... is yours!



## LOOK TO THE MOUNTAINS

“Now therefore, give me this mountain of which the Lord spoke in that day; for you heard in that day how the Anakim were there, and that the cities were great and fortified. It may be that the Lord will be with me, and I shall be able to drive them out as the Lord said.” **Joshua 14:12 NKJV**

“Here is what I am commanding you to do. Be strong and brave. Do not be afraid. Do not lose hope. I am the Lord your God. I will be with you everywhere you go.” **Joshua 1:9 NIRV**

“Finally, let the Lord make you strong. Depend on His mighty power.”  
**Ephesians 6:10 NIRV**

“Trust in the Lord with all your heart. Do not depend on your own understanding. In all your ways obey Him. Then He will make your paths smooth and straight.” **Proverbs 3:5-6 NIRV**

“I look up to the mountains. Where does my help come from? My help comes from the Lord. He is the Maker of heaven and earth.”  
**Psalms 121:1-2 NIRV**

“Climb every mountain, ford every stream, follow every rainbow, ‘till you find your dream.” – **Mother Abbess**

“So, let them bring on all their problems, I’ll do better than my best. I have confidence.” – **Maria von Trapp**



**1. Climb Every \_\_\_\_\_.** You have to live the life you were born to live. Caleb had confidence. He believed in the promises of God, even when many around him did not! The Lord came through before, and there was no reason to stop believing now. If Caleb were with you now, he'd tell you to trust God, and climb every mountain!

*"Now therefore, give me this mountain of which the Lord spoke in that day; for you heard in that day how the Anakim were there, and that the cities were great and fortified. It may be that the Lord will be with me, and I shall be able to drive them out as the Lord said."* Joshua 14:12 NKJV

**A. MOUNTAIN**

**B. STREAM**

**C. RAINBOW**

**2. When the Lord closes a door, somewhere He opens a \_\_\_\_\_.**

When things don't go as you expect, sometimes you have to tell your plans, "so long, farewell, and auf wiedersehen!" But then what do you do? How do you solve a problem like that? Always keep in mind there are other climbing routes to the top! If one way is blocked, that just means God has something good in store for you!

*"We know that in all things God works for the good of those who love Him. He appointed them to be saved in keeping with His purpose."*

*Romans 8:28 NIRV*

**A. PRESENT**

**B. WINDOW**

**C. STORE**

**3. Your help comes from the \_\_\_\_\_.** Every mountain top is within reach, if you just keep climbing. Having confidence is one thing, and overcoming setbacks is another. But we must always remember where our help comes from. Only with His help, we can move mountains!

*"I look up to the mountains. Where does my help come from? My help comes from the Lord. He is the Maker of heaven and earth."*

*Psalms 121:1-2 NIRV*

*"I look up to the mountains. Where does my help come from? My help comes from the Lord. He is the Maker of heaven and earth."*

*Psalms 121:1-2 NIRV*

**A. GOAT HERDER**

**B. LORD**

**C. BEGINNING**





**Memory Verse:** *"I look up to the mountains. Where does my help come from? My help comes from the Lord. He is the Maker of heaven and earth." Psalm 121:1-2 NIRV*

## Notes

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Approval Stamp Here!



Are you facing a mountain-sized challenge in your life? Read this scripture below, and see how two different people reacted to that sort of situation:

*“So Ahab went off to eat and drink. But Elijah climbed to the top of Mount Carmel. He bent down toward the ground. Then he put his face between his knees.” 1 Kings 18:42 NIRV*

While King Ahab was eating and drinking, Elijah climbed a mountain. While the king was eating and drinking, Elijah was not. Instead, he was climbing – and praying. It’s not the only time in the Bible this happens:

*“On one of those days, Jesus went out to a mountainside to pray. He spent the night praying to God.” Luke 6:12 NIRV*

Jesus spent a lot of time on top of mountains, a place where he did a lot of praying. It was a custom of his, and not a bad one. He did it frequently:

*“After he had sent them away, he went up on a mountainside by himself to pray. Later that night, he was there alone.” Matthew 14:23 NIRV*

To be clear: it’s not that climbing a mountain gets you closer to God. What was so effective was this: getting away from it all, long enough to spend some time alone with God.

Prayer is an important part of our lives as Christians, a time we need to spend talking with our Heavenly Father. If you’re missing out on that, you’re missing out on a lot.

You don’t have to climb a mountain, but make a promise now to spend more time in prayer than ever before. It’s a good habit. And... it’s a powerful one.

*“What I’m about to tell you is true. If you have faith as small as a mustard seed, it is enough. You can say to this mountain, ‘Move from here to there.’ And it will move. Nothing will be impossible for you.” Matthew 17:20 NIRV*



## HIGH NOTES



## HIGH NOTES