

# On the Mountain Top



**Theme:** Mountain top experiences prepare us for the valleys of every day life. Transfiguration Sunday

**Object:** Some beautiful pictures of mountains

**Scripture:** After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus. Peter said to Jesus, "Rabbi, it is good for us to be here. Let us put up three shelters—one for you, one for Moses and one for Elijah."  
Mark 9:2-5 (NIV)

I have some beautiful pictures to show you this morning. They are pictures of some of the most beautiful mountain peaks you can imagine. Aren't they beautiful? Have you ever taken a vacation in the mountains? Of all the vacations that I have ever taken, the ones that I enjoyed the most were the ones that I took in the mountains.

Why do you think people enjoy vacationing in the mountains? There are several reasons. One reason is that they want to get away from the heat. In the summer months, the heat can become almost unbearable at times. It is refreshing to go up into the mountains where the air is cool. Another reason is to enjoy the beautiful view. When you are down in the valley, it is often difficult to see and appreciate the beauty around you, but from the mountain top, you can clearly see the beauty of the world below. Finally, many people enjoy vacationing in the mountains to get away from the hustle and bustle of everyday life. It is good to get away from the pressure of work and busy schedules, and just sit back and relax. When we are enjoying a get away in the mountains, we sometimes find it hard to go back to our day to day life.

Did you know that Jesus enjoyed getting away for a mountain retreat? The Bible tells us that one day Jesus took Peter, James and John high up into the mountains so that they could be alone. While on the mountain top, Jesus' appearance changed. His clothes became a dazzling white, whiter than any bleach could get them. Then Elijah and Moses appeared and began talking to Jesus. Peter exclaimed, "Teacher, it is wonderful for us to be here! Let's build three shelters -- one for you, one for Moses, and one for Elijah." Then a cloud passed over and covered them. From the cloud came a voice saying, "This is my Son, and I love him. Listen to what he says!" Then when they looked again, they saw only Jesus.

I imagine that Peter, James, and John would have been happy to stay up there on the mountain top, but did they? No, Jesus knew that the purpose of their experience on the mountain top was to renew their strength for the difficult days that were ahead of them, so he led the disciples back down from the mountains into the valley.

You and I sometimes need a vacation in the mountains to help us cope with the heat and stress of our every day life. We also need mountain top experiences in our daily walk with Jesus. We need those experiences to renew our strength for the difficult tasks that we face as we follow Jesus each day.

Dear Father, we are thankful for the wonderful mountain top experiences you give us to renew our strength for our daily walk with you. In Jesus name we pray. Amen.

**Scripture Reading:** Mark 9:2-9

**MOUNTAIN WALKING:** If there is a place with hills, stairs, or ramps for the children to walk up and down on, let them have a "timed event" for walking the "mountains". They'll enjoy seeing what their TIME was for the Mountain climb!

**MOUNTAIN BALL THROW:** Divide the children into two teams with each team on opposite sides of the church building or another building to try and throw the ball OVER THE MOUNTAIN (the roof). Let the children take turns throwing the ball back and forth saying "OVER THE MOUNTAIN" as the team member is throwing the ball! Let all team members take a turn at throwing the ball.

**MOUNTAIN BIKING:** Group the children into pairs for the MOUNTAIN BIKING relay game. One child will be the "bike" and the other will be the "rider". The rider will ride his partner piggyback style to the finish line pretending to be riding a bicycle. When they reach the finish line, they will turn around and return to the starting line where they will trade places and repeat the ride. The race is over when each partner has been both the "bike" and the "rider."

**UPSIDE DOWN HEARTS:** Let the children cut out various sizes of hearts and glue them onto a piece of construction paper UPSIDE DOWN so the point of the heart will represent mountain peaks. Have the children write GOD LOVES US AND RENEWS OUR STRENGTH ON THE MOUNTAIN TOP!

**WALKING WITH JESUS:** Let the children draw large mountains on a poster (or on individual sheets of construction paper). Tell the children to write in VERY SMALL letters, "Walking with Jesus" up and down the tracings of the Mountain, as many times as they can in a three minute time period. After the timer goes off, have the children color the mountains and count how many times they were able to write the sentence!

**MOUNTAIN BUILDING:** Give the children wooden blocks or some plastic containers to build the highest mountain possible without the containers or blocks falling. Talk to the children about the peaks and valley's we may face in our lives and how God renews our strength.

**FRAMING A MOUNTAIN:** If beautiful pictures are available from old calenders or magazines, let the children pick out a Mountain that they'd like to frame. Give the children some brown construction paper to make a frame and glue it around the edge of the picture of the mountain.

**MOUNTAIN THUMB PRINTS:** Have the children draw some mountains on a piece of paper and use their finger or thumb to make prints from ink or paints to represent Elijah and Moses on the mountain. They could also make thumb print figures for John, Peter and James, as well!

**LICORICE MOUNTAINS:** Give each child some cherry or black licorice to form mountains (after washing hands, of course). After each child tells something they have learned about our lesson today, they can EAT their mountain shape made of licorice! (If you have children who do not like licorice, you can provide another snack.)

**SING A SONG:** Sing the song SUNSHINE MOUNTAIN with motions.

**Song: "Sunshine Mountain"**

[Words and Music](#) (pdf) 

[MP3](#) Accompaniment Track

# Sunshine Mountain



**Theme:** The transfiguration of Jesus

**Object:** Song - "Climb Up Sunshine Mountain"

**Scripture:** After six days Jesus took Peter, James and John with him and led them up a high mountain, where they were all alone. There he was transfigured before them. His clothes became dazzling white, whiter than anyone in the world could bleach them. And there appeared before them Elijah and Moses, who were talking with Jesus. Mark 9:2-4 (NIV)

When I was a child, one of my favorite songs was "Climb Sunshine Mountain." Some of you may have heard it. Perhaps some of you have even sung it. It goes like this: (sing the song)

Climb, climb up sunshine mountain  
Heavenly breezes blow  
Climb, climb up sunshine mountain  
Faces all aglow

Turn, turn from sin and sorrow  
Look to God on high  
Climb, climb up sunshine mountain  
You and I

Isn't that a great song? It reminds me of a day when Jesus and some of his disciples decided to climb a mountain. The Bible tells us that Jesus took Peter, James, and John and led them up on a high mountain. When they were alone on the mountain, Jesus' appearance began to change and his clothes became dazzling white and shone as bright as the sun. Then Elijah and Moses appeared and began talking to Jesus.

The disciples became very excited, but as you can imagine, they were also a little bit afraid. As usual, Peter was the first to speak. He told Jesus that they should stay up there on the mountain and build three tabernacles. One for Jesus, one for Moses, and one for Elijah. All of a sudden, a cloud appeared and the voice of God came from the cloud saying, "This is my Son, whom I love. Listen to him!" Then Moses and Elijah disappeared and the disciples were alone again with Jesus.

You and I may never have an experience on the mountain top like the one that Peter, James, and John had, but we can "Climb Sunshine Mountain" if we will stay close to Jesus and walk with him each and every day.

Dear Father, we want to walk with Jesus and let his light shine on us. In Jesus' name we pray. Amen.

**Scripture Reading:** Mark 9:2-4

**SUNSHINE MOUNTAIN ART:** Children can be given a yellow paper to cut out a big SUN and black or brown paper to cut out mountains, as well as green paper to cut out trees to glue on the mountains and some cotton to glue at the top of the mountains for snow. Glue on the "Climb, climb up sunshine mountain" verses of our song today and sing the song together.

**WHITE ROBE PIC:** Give each child a bright white piece of paper or cloth to glue to a piece of black paper. Glue white glitter or sequins to the white robe and talk about JESUS being transfigured, and read the Bible verse together!!

**COTTON CLOUDS:** Children can be given some bright blue paper and markers and cotton. They can draw big clouds and write THIS IS MY SON WHOM I LOVE. Glue cotton around the edges of the cloud.

**TEAM WALK:** One child can be designated as the leader with a flashlight. As children HIDE, the flashlight leader will SHINE the light on someone he finds and then will continue to tag with the flashlight! The FINDING TEAM will have to hold hands and STAY CLOSE to each other as they hunt for more, just as we must stay close to JESUS and walk with HIM every day!

**MOUNTAIN CLIMBING:** If there is a hill nearby, let children take turns climbing the hill and bringing back an item at the top of the hill that the teacher has put in a basket at the top of the hill. If a hill is not available, perhaps children could climb a small ladder to the top for retrieving an item in the basket.

**CHALK MOUNTAINS:** Give each child a different color of chalk and let them take turns making one mountain on the chalkboard. Children may enjoy drawing Peter, James and John while the story is being told and add Elijah and Moses and Jesus later. This will cause the children to listen carefully to the story so they'll know when to add the characters.

**BLOCK OR CLAY MOUNTAINS:** Let children build the mountains and the characters in today's lesson and they can take turns telling the story as they build. Children can take turns reading the Bible verse from time to time and see how many can remember parts of the verse after the "building project".

**MOUNTAIN SNACKS:** If time allows, let children build a mountain out of mini candy bars and other snacks, and then take turns getting a candy off the mountain to enjoy!

**Song: "Sunshine Mountain"**

[Words and Music](#) (pdf) 

[MP3](#) Accompaniment Track