



Part  
4

## A Life that Shines

This past weekend Pastor Ken finished the series *Crossfit*. Over the last four weeks, we looked at what it means to follow Jesus and why it matters. We hope that you met with someone at work, your family, or found a place to do it alone or with a friend and got to grow together.

*Whoever wants to save their life will lose it, but whoever loses their life for me will save it. Luke 9:24*

1. Jesus is the overcoming light that can drive out the darkness of loneliness, hopelessness, and despair. Look to Jesus if you want to know who God is and what love is (read Mathew 17:1-7; Mark 9:3; Luke 9:29; and John 8:12). Where do you need Him to shine in your life?
2. When you move from being a fan to being a follower and put your trust in Jesus, His identity shapes your identity. His transfiguration becomes your transfiguration. You turn your face toward the son and your heart starts to change, your mind starts to change, your words start to change, your actions start to change, your countenance starts to change. Our lives become brighter, and we become more like Him.
3. When we listen to what Jesus has to say, those words start to shape the way we think and act. Mountain top experiences prepare us for the valleys in life. They speak to us during the lowest times of our lives. Maybe right now you are in a valley. It doesn't look like you are loved or that God is pleased with you. Pastor Ken reminded us to not doubt in the dark what God said to you in the light.
4. Many years later the Apostle Peter faced his own dark valley. He was about to be put to death for being a follower of Jesus (read 2 Peter 1:16-18). He remembered his experience on that mountain top and the words of Jesus got him through the valley. Is there something that you need to remind yourself today?

Close in Prayer