



Down in the Valleys

By Shannon Ford on December 15, 2022

READING: Matthew 17

Several decades ago, Steven Curtis Chapman wrote and recorded a song entitled “The Mountain.” His lyrics remind followers of Jesus of the importance of leaving the mountain and entering the valley of brokenness where so many people live. That is the nature of the story in Matthew 17:1-9. Here are some of Chapman’s lyrics from “The Mountain.” *I would love to live up on this mountain and keep the pain of living life so far away. But I know I can’t stay up on the mountain... So as I go down to the valley knowing that You will go with me. This is my prayer, Lord, help me to remember what You’ve shown me up on the mountain.*

What a wonderful experience the disciples had seeing the transfiguration of Jesus, along with seeing Moses and Elijah, and hearing the voice of God. They had what we would call a mountaintop experience with Jesus. But just when they started to enjoy the glory of it all, just when they had entertained the idea of staying right there in that heavenly environment, Jesus said it was time to move out. They left the mountaintop for the valley. Now, this is the very thing I want you to see. Without the mountaintop, we are not fit for service in the valley.

In the valley, there are multitudes of people looking for answers to life’s troubles and heartaches. They turn from one place to another for an answer but come away empty and discouraged. The answer to many people’s problems is to bring the mountain down to the valley through prayer. We must love and lift the hurting and broken people in prayer to the God who can heal them.

Yes, enjoy the mountaintop! But do not forget the importance of serving and praying in the valley.

PRAYER: Lord, help us be committed to pray faithfully for those who are struggling with heartaches and pains in the valley. Show us how we can better love and serve them.

TOMORROW'S READING: Matthew 18

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