

Prayer Experience - Pilgrimage to a Holy Mountain

Introduction

Climbing holy mountains is an image we encounter in Scripture:

- Moses receiving the Ten Commandments
- Jesus transfigured on a mountain
- Christ spending time in the Garden of Gethsemane.

Make a pilgrimage to a nearby holy mountain or other place of elevation (it could just be a hill).

Be intentional about the journey and pack your supplies well.

The Practice

As you climb, see if you can stay focused on each step rather than on the end goal.

As you reach the top, take in the view.

Savour the wide horizon before you.

See what is revealed anew to you about God from this perspective.

Listen to what the Spirit is saying.....

