



SEND FORTH YOUR LIGHT AND YOUR TRUTH, LET THEM GUIDE ME; LET THEM BRING ME TO YOUR HOLY MOUNTAIN, TO THE PLACE WHERE YOU DWELL.

Psalm 43

MOUNTAIN THIN PLACES

Mountains are rich with spiritual charge. All over the world there are shrines, rituals and stories associated with the special connection to heaven at the earth's roof. For thousands of years people have climbed mountains to meet with God, to gain perspective, to find the hermit's isolation or to experience the Spirit of God through creation and the natural vibrancy of exercise. The subject is rich metaphorically: as a way of exploring your souls connections with the divine. Are you climbing a mountain of meaning and purpose with God's help to bring more of heaven to the earth? If so have you checked recently that you are still attached to the ropes. Perhaps you're lost, not sure what to climb?

MOUNTAIN BLESSING

What blessing would you ask God for from the top of a mountain?

MOUNTAIN PRAYERS

Where are you on the climb?
What heavenly help do you need to keep going up?

3) On the Ridge.

When I am exposed to the elements and in the greatest danger be my rock and sure footing and give me pause to enjoy the view. Amen.

PS Where do you find a loop up here. I miss the trees.

4) At the summit.

I can only reach the summit with you as my guide to show me the way and as my friend to encourage my faith. May I be ever mindful of your guidance and your blessing. Amen.

PS help me not to make the inevitable descents of life on my arse.

2) Above the Tree Line.

Bring me through the darkness and tangle of this forest to a place where I can see the way ahead clearly. Amen.

PS Why is mint cake so revolting?

1) From the Base Camp.

For what I am about to do help me God. Guide my path and save me from snare and fall. Let your holy angels watch over me. Amen.

PS Is there a cable car?

MOUNTAIN SURVIVAL

Be responsible for your safety: Take advice from the experts but own your decisions.

Respect the weather: Conditions change rapidly so don't be resistant to change.

Use the ropes: Routes have been well trodden in the past. Use the help provided from the guides.

Drink plenty: Be resourceful: find a stream of living water welling up within you.

Know yourself: Strange symptoms occur at altitude. Joy, euphoria, spontaneous worship. All this is normal.

Know your equipment: Read the guide book and use its wisdom and advice.

WHAT MOUNTAIN CAN'T YOU CLIMB?

Is there a mountain in your life that you can't climb but want to? Use this space to write your own prayer asking for help.



Jesus said, "Have faith in God. I tell you the truth, if anyone says to this mountain, 'Go, throw yourself into the sea,' and does not doubt it will be done for him. Whatever you ask for in prayer, believe that you have received it, and it will be yours."

MOUNTAIN HEAVEN?

- Holiday in the mountains.
- Spin a prayer wheel in the Himalayas.
- Put up some prayer flags in your garden.
- Climb a mountain.
- Make a mountain pilgrimage.
- Put a stone on a cairn.
- Watch the sun rise or set from the summit.
- Learn to climb.