

peak experiences



HERE
2stay.

discussion guide

Gather a group of people (consider all ages) to watch the video and then explore, discuss and consider some action steps that may follow.

DEFINE

“What makes something a ‘peak experience’?”

Peak experiences can be planned or unplanned; places where encounters with God grow and challenge you in your faith journey. Often these are positive experiences, but sometimes they arise out of challenges and even tragedy. God comes close and you feel closer to God as you are stretched and inspired and transformation happens.

WATCH THE VIDEO

This is ONE example of ONE aspect of what a ‘peak experience’ could be. Spend time exploring more of this topic and consider some of the opportunities around this final question,

- ❖ *“What experience could you begin to shape today that can add value to another’s life?”*



DISCUSSION

Reflecting on the story.

- ❖ What stood out for you in this story? Why do you think that is?
- ❖ In this story, Sam's 'peak experience' comes through a painful process for his grandfather. What does this tell you about the nature of 'peak experiences'?
- ❖ Share a life changing 'peak experience' that happened to you or someone you know.

DEEPER

Unpacking the building blocks listed on the video.

- Create NEW experiences
- Consider the importance of relationships
- Being involved in something bigger
- Conversations have impact
- Make it memorable
- ❖ Which building block in your opinion, holds the greatest significance? Why?
- ❖ What types of 'peak experiences' does a person walk through in their life?
- ❖ How can you intentionally, use the building blocks in those situations?

DISCOVER

Digging into stories in the Bible that reinforce these building blocks.

KEY VERSE

Mark 9:2-3 *“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.”*

READ

Luke 9:28-36

Create new experiences:

- ❖ To what new experiences did Jesus expose the disciples?

Consider the importance of relationship:

- ❖ What was significant about these relationships in this story? (*Jesus and God the father / Jesus and Disciples/ Jesus and Moses and Elijah*)

Being involved in something bigger:

(This would become an anchor point for the disciples once Jesus was gone.)

- ❖ What experiences have anchored you in your faith when things have got tough?

Conversations have impact:

(It was significant that Jesus was talking to Elijah, because soon his relationship to Elijah would be questioned. Plus God was talking.)

- ❖ What was communicated to the disciples and why was it important?

continued over...

Make it memorable: (*read vs 34*)

- ❖ When you think of a spiritual ‘peak’ in your life, what made it memorable?

DECIDE

Make an intentional plan to implement something from this discussion

- ❖ What out-of-the-ordinary experience could you be a part of providing for another person? Who?

1 Create new experiences

Where can you position yourself and/or (name here) to experience something new?

2 Consider the importance of relationships

Who are you taking with you?

3 Being involved in something bigger

Where are the places that you can be involved in something bigger?

4 Conversations have impact

What are you talking about?

5 Make it memorable

Have you factored in time for reflection?

DARE

Why don't you share your own “Peak Experience” story. Film it and send it to us. If it is 3-5 minutes long ... we would love to share it with others.

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For more information & resources:

[here2stay.org](https://www.here2stay.org)

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