

**Here We Go!**  
**Facing Your Mountain Down**  
**Jason Park**

I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The LORD watches over you — the LORD is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The LORD will keep you from all harm—he will watch over your life; the LORD will watch over your coming and going both now and forevermore. **Psalm 121**

**FOCUS RESULTS IN \_\_\_\_\_ OR \_\_\_\_\_**

“..let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith....” **Hebrews**

“Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.” **Philippians**

**SIZE OF \_\_\_\_\_**

**Vs**

**SIZE OF THE \_\_\_\_\_ (the challenges)**

“I lift up my eyes to the mountains— where does my help come from? My help comes from the Lord, the Maker of heaven and earth. **(V.1-2)**

As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore.  
**Psalm 125:2**

\_\_\_\_\_  
**Vs**  
\_\_\_\_\_

He will not let your foot slip— he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. **(V.3-4)**

He lifted me out of the ditch, pulled me from deep mud. He stood me up on a solid rock to make sure I wouldn't slip.  
**Psalm 40:1-2**

\_\_\_\_\_ **OF GOD**

**vs**

\_\_\_\_\_ **FROM THE ELEMENTS**

The Lord watches over you— the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. **(V.5-6)**

“The name of the Lord is a fortified tower; the righteous run to it and are safe.” **Proverbs**

\_\_\_\_\_ **FROM OUR ENEMIES**

**Enemy** – Anyone or anything that harms or weakens

The Lord will keep you from all harm— he will watch over your life; the Lord will watch over your coming and going both now and forevermore.” **V.7-8)**

No weapon forged against you will prevail, and you will refute every tongue that accuses you. This is the heritage of the servants of the LORD, and this is their vindication from me,” declares the LORD. **Isaiah 54:17**

## **PREPARE FOR THE CLIMB**

**MY** \_\_\_\_\_

“Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God.” **Ephesians**

**MY** \_\_\_\_\_

“Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken.” **Ecclesiastes**

**MY** \_\_\_\_\_

“Surely the nations are like a drop in a bucket; they are regarded as dust on the scales; he weighs the islands as though they were fine dust. Lebanon is not sufficient for altar fires, nor its animals enough for burnt offerings. Before him all the nations are as nothing; they are regarded by him as worthless and less than nothing.” **Isaiah**

## **CLIMB....MOVE THE MOUNTAIN**

“Embrace this God-life. Really embrace it, and nothing will be too much for you. This mountain, for instance: Just say, ‘Go jump in the lake’—no shuffling or shilly-shallying—and it’s as good as done. That’s why I urge you to pray for absolutely everything, ranging from small to large. Include everything as you embrace this God-life, and you’ll get God’s everything. And when you assume the posture of prayer, remember that it’s not all asking. If you have anything against someone, forgive—only then will your heavenly Father be inclined to also wipe your slate clean of sins.” **Mark**

## **Discussion**

What at some typical mountains men face?

What mountains have you faced....and CONQUERED?

What are you facing right now?

How do you assure yourself you will prevail?

How do you prepare to face a mountain?