



THE  
*Journey*



*Part Two*



## *Twelve Lessons From Climbing Mountains*

### *Last Week We Looked at Six Important Lessons Learned From Climbing Mountains*

- Choose a Destination – Where are you going?
- Take Equipment and Supplies Necessary for the Journey – Prepare!
- Set Smaller, Measureable, Intermediate Goals
- Don't Lose Sight of the Trail Markers
- Watch Where You Step
- Stay Accountable

# *Twelve Lessons From Climbing Mountains*

## **7. Pace Yourself**

*2 Cor 10:12 “For we dare not class ourselves or compare ourselves with those who commend themselves. But they, measuring themselves by themselves, and comparing themselves among themselves, are not wise.”*

A grayscale photograph of a person's legs from the knees down, wearing dark hiking pants and sturdy hiking boots. The person is standing on a large, textured rock formation, likely a mountain peak. The background shows a hazy, mountainous landscape under a bright sky.

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### **8. Stop and Rest**

Mark 6:31-32 “... For there were many coming and going, and they did not even have time to eat...”

“Do not let your hearts be troubled, go now and rest, for you are weary with sorrow and much toil” (The Lord of the Rings)

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## **9. Enjoy the View**

**Matt 6:34** *“Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”*

## **10. Keep Your Sense of Humor**

**Prov 15:13** *“A merry heart makes a cheerful countenance, But by sorrow of the heart the spirit is broken.”*

**Prov 17:22** *“A merry heart does good, like medicine,\* But a broken spirit dries the bones.”*

A grayscale photograph of a person's legs in hiking gear, standing on a rocky mountain peak. The person is wearing dark pants and light-colored hiking boots. The background shows a hazy mountain range under a bright sky.

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### **11. Hike With a Friend**

*Eccl 4:9-12 "Two are better than one..."*

### **12. Don't Forget Where You're Going**

*"When you're up to your armpits in alligators, it's hard to remember that your initial plan was to drain the swamp!"*

**Phil 3:14** *"I press toward the goal for the prize of the upward call of God in Christ Jesus."*

A grayscale photograph of a person's legs and feet standing on a rocky mountain peak. The person is wearing dark pants and light-colored hiking boots. The background shows a hazy mountain range under a bright sky.

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