**Sunshine Mountain**

**Theme:** The Transfiguration of Jesus

**Object:** Song - "Climb Up Sunshine Mountain"

**Scripture:** 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. Mark 9:2-4 (NIV)

When I was a child, one of my favorite songs was "Climb Sunshine Mountain." Some of you may have heard it. Perhaps some of you have even sung it. It goes like this: (sing the song). In reality I have never heard this song until now! It is a great song though. Enjoy the video.

Climb, climb up sunshine mountain
Heavenly breezes blow
Climb, climb up sunshine mountain
Faces all aglow

Turn, turn from sin and sorrow
Look to God on high
Climb, climb up sunshine mountain
You and I

Isn't that a great song? It reminds me of a day when Jesus and some of his disciples decided to climb a mountain. The Bible tells us that Jesus took Peter, James, and John and led them up on a high mountain. When they were alone on the mountain, Jesus' appearance began to change and his clothes became dazzling white and shone as bright as the sun. Then Elijah and Moses appeared and began talking to Jesus.

The disciples became very excited, but as you can imagine, they were also a little bit afraid. As usual, Peter was the first to speak. He told Jesus that they should stay up there on the mountain and build three tabernacles. One for Jesus, one for Moses, and one for Elijah. All of a sudden, a cloud appeared and the voice of God came from the cloud saying, "This is my Son, whom I love. Listen to him!" Then Moses and Elijah disappeared and the disciples were alone again with Jesus.

You and I may never have an experience on the mountain top like the one that Peter, James, and John had, but we can "Climb Sunshine Mountain" if we will stay close to Jesus and walk with him each and every day.

Dear Father, we want to walk with Jesus and let his light shine on us. In Jesus' name we pray. Amen.

**Activities + Resources**

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