

Life is filled with peaks and valleys. A peak is something excellent that happens in your life, something great, something to celebrate and remember. The birth of your child – that is a highpoint in your life. The day you get married – that is a peak. When you win the million dollar lottery— that's a peak. During those moments, it's easy to be a Christian. "God is good," you think to yourself. There's no doubt in your mind that God is blessing you.

But life isn't one peak after another. There are the valleys too. There are troubles in life. There are difficult moments. Times when you have been diagnosed with cancer – that's a valley. Times when a loved one dies – that's a valley. Times when finances dry up – that's a valley. During those moments, it's more difficult to think God is blessing you. When you're in the valley, it's hard to say, "God is good." Sometimes your faith is shaken. Sometimes there's some doubt of God's goodness when you are in the valley.

Jesus took Peter, James, and John up to a mountain top, and there the apostles had the peak experience of their lives as they see Jesus *transfigured* before them, that is, his appearance changed dramatically. He became glorious. A dazzling brightness emanated from His whole Body which was produced by an interior shining of His Divinity.

The apostles believed they were in heaven, for they knew, beyond a shadow of a doubt, that Jesus is God. Thus, Peter says: "Rabbi, it is good that we are here! Let us make three tents: one for you, one for Moses, and one for Elijah." Peter, James, and John wanted to stay on top of that mountain. And, who wouldn't?

Jesus had to remind them that they were not in heaven. They only were given a glimpse of heaven. Jesus gave them a peak experience to help them through the valley experiences that were yet to come. And, the lowest valley of all lurked ahead of them would be the passion and death of Jesus. The peak experience of the Transfiguration was to help them through the valley experience of the crucifixion.

We all have peaks and valleys in our lives. You have to get into the habit of "storing" the power of your peak experiences within your heart and soul. Continually thank God for all the beautiful, wonderful, amazing events of your life as they happen. Know they come from the hand of a loving God. Be thankful for the glimpses of heaven that the Lord gives you, so when the valleys come you can use your stored power to get through.

Everyone has a share of difficulty. But we never should allow ourselves to dwell on the negative. During difficult times, we need to remember all the positive realities in our lives. Remember all the times God was there for you and brought you through. Our attitude should be: God has provided me with blessings before, He will do it again.

The Transfiguration was a peak experience for Peter, James, and John. Later, however, Jesus took them even higher in His Resurrection, and then Ascension, and finally the apostles' own entry into heaven. The Lord promises to do the same for us.