



June 22 – Hitting Plateaus

Exactly what is a plateau, besides a funky word that's hard to spell, right?!? In geography, a plateau is a flat, elevated landform that is higher than the surrounding area. So, what does this have to do with our spiritual journey? Join us this weekend as we delve into this very question and then go further – how do we move off of a spiritual plateau? It's not the same way you get off of a physical one! Come join us and find out!

Scripture:

Hebrews 10:23-25, 35-36 NLT

Let us hold tightly without wavering to the hope we affirm, for God can be trusted to keep his promise. Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.

So do not throw away this confident trust in the Lord. Remember the great reward it brings you! Patient endurance is what you need now, so that you will continue to do God's will. Then you will receive all that he has promised.

John 21:1-8 NLT

Later, Jesus appeared again to the disciples beside the Sea of Galilee. This is how it happened. Several of the disciples were there—Simon Peter, Thomas (nicknamed the Twin), Nathanael from Cana in Galilee, the sons of Zebedee, and two other disciples.

Simon Peter said, "I'm going fishing." "We'll come, too," they all said. So, they went out in the boat, but they caught nothing all night. At dawn Jesus was standing on the beach, but the disciples couldn't see who he was. He called out, "Friends, have you caught any fish?" "No," they replied. Then he said, "Throw out your net on the right-hand side of the boat, and you'll get some!" So they did, and they couldn't haul in the net because there were so many fish in it.

Then the disciple Jesus loved said to Peter, "It's the Lord!" When Simon Peter heard that it was the Lord, he put on his tunic (for he had stripped for work), jumped into the water, and headed to shore. The others stayed with the boat and pulled the loaded net to the shore, for they were only about a hundred yards from shore.

Questions:

- Where in your life do you see personal plateaus? Either for you or in someone else? What are they? What do they look like? Feel like?
- What plateau are you on (if you are) in your faith journey? What does it look like? What does it feel like?
- Think about the 3 steps around plateaus you heard in worship: 1) Ask why am I here? How'd I get here? 2) find help, and 3) trust that God is working. This week think about a spiritual plateau you're on...and go through the three steps and see what happens!

Reading for the Week:

- **Monday:** 2 Peter 1:5
- **Tuesday:** Proverbs 3:5-6
- **Wednesday:** 1 Timothy 4:15
- **Thursday:** Philippians 4:6-7
- **Friday:** Galatians 5:16-17