



Above the Mountains... First

“I look up to the mountains—does my help come from there?

My help comes from the Lord, who made heaven and earth!”

Psalm 121:1-2 (NLT)

Have you ever caught yourself looking too low?

I heard a report on our education system. Test scores and motivation had been falling for years. Increasingly students were missing performance targets. The board’s response? They lowered the standards—backed by all sorts of social arguments.

One successful educator sounded the alarm: *“We should be raising the bar, not lowering it! Lowering the bar tells students they’re incapable. They’re not—they’re far more capable than we believe... than they believe! We’re harming them.”*

Had what seemed logical—lowering the bar—backfired? Could lowered expectations have led to lower performance, and even lower expectations? This educator’s firsthand success urged that raising the bar would reverse the spiral and the students would flourish.

This principle applies spiritually. How often, when facing a problem or affliction, is our first move to look to the mountains (programs, products, self-help, counselors—(re)sources)) before looking to God? Like the rationalizing school board, the world (media, friends, family) shouts, “This is the solution!” Convinced, we accept the lowered bar and, over time looking to the mountains becomes our habit. God falls by the wayside—at best we ask him bless our worldly solution. We underestimate his eminence, his authority, his capability... is he not the one who created the mountains?

Students’ lives suffer when the bar is set too low—their hope dwindles. Likewise, looking to the mountains hurts us. What might be possible if our first move was to look Above the Mountains—to the Source?

Reflect: **Have I been looking too low?**

I’ve caught myself looking too low many times—the world’s made it easy! Without thinking, I leave God out. Oh, I’ll pray, but my hope is that God will bless my worldly solution. My habit of looking too low is hurting me—it’s diminishing the display of God’s power in my life. Could I be following Asa who turned from God in his later years?

"In the thirty-ninth year of his reign, Asa developed a serious foot disease. Yet even with the severity of his disease, he did not seek the Lord's help but turned only to his physicians. So he died in the forty-first year of his reign." (2 Chronicles 16:12-13)

The unintended consequence of running to (re)sources first is a powerless God—we suffer accordingly.

I can't afford to become disloyal like Asa—I must break my habit. How about you?

Consider: My New Habit—go to the Source first... no matter what!

God is the Source of everything good!

- **Joy** – *"There I will go to the altar of God, to God—the source of all my joy." (Psalm 43:4)*
- **Guidance** – *"If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking." (James 1:5)*
- **Strength** – *"He gives power to the weak and strength to the powerless." (Isaiah 40:29)*
- **Provision** – *"And God will generously provide all you need. Then you will always have everything you need and plenty left over to share with others." (2 Corinthians 9:8)*

- **Health** – *“He forgives all my sins and heals all my diseases. He redeems me from death and crowns me with love and tender mercies.” (Psalm 103:3-4)*

Why go to the (re)source when we have direct access to the Source?

*“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”
The Apostle Paul (Philippians 4:6-7)*

Paul shows the way to upend your habit—go to the Source first, pleading for your transformation and his intervention, no matter what—even when (re)sources are soliciting. Praise him! Affirm his authority over every aspect of your life. Thank him for his promises. Humbly ask him to direct your next step. Faithfully taking it opens you to his power and peace. Keep praying! Who’s to say what God may do? He’s your Source!

*Imagine: **My Source giving me my Mission and all I need to advance it.***

The world promotes countless ways to find your purpose but wouldn’t going to the Source first make more sense?

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.” The Apostle

Paul (Ephesians 2:10)

Like a wrench is designed for a specific task, Christ's body—a chorus of unique parts—is God's masterpiece created for the good things he planned long ago. You have a role in carrying out Jesus' Great Commission—It's your Mission!

Could a wrench determine its purpose through its own efforts or the help of other wrenches? Could you determine your Mission this way? No—you must go to the Source first! Engage him, put on his Owner's Hat, and see your Mission. Learn more. ([The Path](#))

Already know your Mission? How could it advance without you forming a habit of looking...

Above the Mountains... First?

Go off the grid and ask these questions:

Coach's Questions

- **Reflect:** What examples in my life over the last year suggest that I have a habit of looking to the mountains first?
- **Commit:** "I will start forming my new habit today. I will go to the Source first...no matter what!"
- **Later:** How has staying true to my commitment enhanced the display of God's power in my life?

- Don't know my Mission? [Start here!](#)

Spirit Talk

Post this where you will see it regularly.

Go to the Source first. He'll direct me from there.

"Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take." King Solomon | Proverbs 3:5-6 (NLT)



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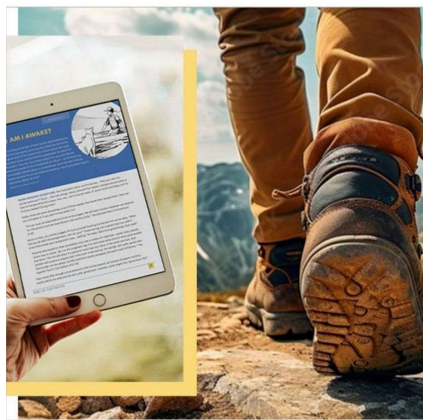
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I've been stewing. Ever since reading Psalm 27 about a week ago, the last verse has been tumbling over and over in my mind.... [Keep reading](#)

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