

“We All Have Our Ups and Downs”

(Luke 9:28-36; Mark 9:2-9)

INTRODUCTION: The origin of the saying --

*“What goes up must come down” AND
We all have our “up & down experiences”*

I. JESUS & SOME DISCIPLES WENT **UP** A MOUNTAIN

(Luke 9:28-36; Mark 9:2-9)

- A. Going up a mountain is common in biblical stories
- B. Here, Jesus went up a mountain & brought others (Mark 9:1-2)

II. SOME SURPRISES CAME **DOWN** ONTO THE MOUNTAIN

- A. Moses and Elijah came down (Mark 9:4)
- B. God’s glory came down upon Jesus
(Exodus 34:29; Mark 9:3-23; Revelation 1:13-15)
- C. The disciples didn’t want to go down off the mountain (Mark 9:5)



III. JESUS WENT **DOWN** THAT WE MIGHT GO **UP**

- A. **Down** from heaven to earth, & **up** on the cross
(John 3:14-16; 12:32)
- B. **Down** to grave & hell, **up** to heaven (1 Peter 3:18-19)
- C. One day He will take us **up** to heaven (Revelation 21:3-4)

CONCLUSION: *Jesus is the LORD of all your ups and downs*