

## TRINITY LUTHERAN CHURCH

Pastor: Rev. Dr. Steven E. Harold      7100 Granville Avenue, Richmond, BC V6Y 1N8  
Associate Pastor: Rev. Wayne Zhang      Phone: 604-278-5766      Website: tlc-lcc.ca  
President: Mr. Allen Schellenberg      Email: [tlcoffice@telus.net](mailto:tlcoffice@telus.net)  
Pianists: Ms. Kristin Rheault, Mrs. Susan Tu, Mr. Morten Yu, Mr. Braydan Pastucha,  
Miss Michal Elenzano, Mrs. Krista Carter  
Organists: Mrs. Marlene Wallis, Mr. Bob McFadden, Mr. Braydan Pastucha,  
Mr. Nicholas Zhang  
Wind: Mr. Don Miller (trumpet, oboe, etc)

## SERMON OUTLINE -- FEBRUARY 27, 2022

# Ups and Downs

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

**INTRODUCTION:** *The origin of the saying –  
“What goes up must come down”*

### I. ON TRANSFIGURATION DAY JESUS WENT **UP** A MOUNTAIN

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

### II. SURPRISES CAME **DOWN** UPON 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*