



WOMEN WHO PRIZE
BEING FOUND IN CHRIST

Speak To Your Mountain

By: Jana Foster

Have you ever stood at the base of a mountain and looked up? It's hard to know what you're looking at or even where to begin. Let's assume for a moment that you aren't an expert climber, have no gear and no desire whatsoever to climb over it. There would certainly be a sense of dread if you knew you were being asked to do it.

In today's world, even the most experienced climbers don't always successfully climb over a mountain. The tallest mountain in the world, Mt. Everest, stands at a staggering 20,029 ft. tall. It is a gravesite to approximately 120 unsuccessful climbers, claiming roughly 235 lives total. Climbs can take up to two months with oxygen levels at one-third of what you'd normally breathe toward the highest elevation levels. With the exception of one year, at least one person has died on Everest since 1969. Winds on the mountain have been recorded to reach more than 200 mph, and temperatures can get as low as minus 60 degrees Celsius. In other words, it's tough.

Spiritually speaking, **I can see why Jesus told us to speak to our mountain and tell it to move out of our way, rather than to grab our gear and get over it.**

Mark 11:23 *"And Jesus answered saying to them, 'Have faith in God. Truly I say to you, whoever **says** to this mountain, 'Be taken up and cast into the sea,' and does not doubt in his heart, but believes that what he says is going to happen, it will be granted him."*

Notice that Jesus did not say to talk to Him about your mountain, but rather to speak to your mountain directly and tell it to be taken up and cast into the sea. Jesus says if we believe in our heart and do not doubt what we've asked for, it will be done. *"Have faith in God!"* He says.

We kind of look at that and take the opposite approach, don't we? *"God! I'm sick! I don't want to be, can you do something about it?"* **And when results aren't happening, we grab the hiking gear and assume we're meant to climb the mountain ourselves.**

People throughout the entire Bible have faced mountains- or impossible situations- and overcame them. **They didn't do it through their own strength, but rather with the Lord's strength.** In **Zechariah 4:6** it says, *"This is the word of the Lord to Zerubbabel saying, 'Not by might nor by power, but by My Spirit,' says the Lord of hosts. 'What are you, O great mountain? Before Zerubbabel you will become a plain...'"*

It is by His Spirit, not our own efforts or power, that our mountains are cast up and become plains before us. Jesus says all we have to do is to tell it to get out of our way.

The story of David and Goliath is one of the most obvious "mountains" a person has faced in the Bible. Teeny, tiny David dared to face his giant enemy, Goliath, and tell him exactly who was on his side -- GOD!

1 Samuel 17:45-46 *"You come to me with a sword, a spear, and a javelin, but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have taunted. This day the Lord will deliver you upon my hands, and I will strike you down and remove your head from you."*

Talk about speaking to your mountain. And, as we all know, David's "mountain" fell over dead right before his feet and he barely lifted a finger to sling a stone.

We think, yeah, but David was David. As in, KING David. But get this. When David faced his mountain, Goliath, he was still just a lowly shepherd. He was still, from the world's perspective, a nobody. The enemy loves to discourage us when we face a mountain. He tells us it's too big, and we're too small- chances are grim, and things look bleak.

I remember year after year I used to struggle with allergies. I always knew when springtime was coming because my eyes itched, nose ran, and I dreaded to see the flowers bloom. Not only was I allergic to everything beautiful about spring, but also cats. Just to spend a few hours in the same room with a cat I'd have to take a few pills and hope it didn't come near me. I remember one spring it got so bad I couldn't breathe properly, and it was causing panic attacks. I had finally had enough. I remembered the verse in **Proverbs 18:21** that says, *"Life and death are in the power of the tongue."* **I stood on that verse and spoke against the mountain of allergies every single day.** Every time I sneezed, I declared God's word. If my eye itched, I spoke it again. And again. And again. I knew Jesus had already taken care of the mountain of healing for me when He died on the cross, but my mind needed to be renewed. The manifestation of healing did not come in a day, a week, or even a month. But friend, I can honestly tell you that to

this day I am no longer allergic to anything. No more itching, no more sneezing – and I even own a cat!

For you, maybe it looks like a mountain of debt, unsaved family members, difficult co-workers, or an impossible decision to make. Our mountains can come in all different shapes and sizes, but they can feel grim and overbearing. **God cares deeply about the intricacies of your life and loves to see His children succeed.** He wants to sit down with you, give you wisdom, give you peace and hope. But His message to us is clear – we must speak to our mountain, in faith, knowing it has already been dealt with by our Lord Jesus.

Think of salvation. Jesus doesn't need to die on the cross for us again and again to save each person that decides to make Him Lord. He provided salvation for all the moment He died on the cross. The work is finished. We just had to have child-like faith to receive it. Likewise, when we face a mountain, He doesn't need to deal with it time and time again. He is not surprised by it. He's asking us to have faith in Him, believe what He says is true, and to tell that mountain to get out of our way. **Believe and receive the work He's already done.** Jesus tells us:

"Truly, truly, I say to you, he who believes in Me the works that I do, he will do also; and greater works than these he will do; because I go to the Father." **John 14:12**

Don't believe the lies the enemy is telling you. Your mountain must move in the name of Jesus. We have Jesus Christ in us who is able to do far more, abundantly beyond all that we could think or ask. (Eph. 3:20).

This is great news for us! When we accept Jesus into our heart, the insurmountable mountain of sin separating us from God is taken care of. But even more good news is that He didn't just overcome the one mountain. **So, lay down the hiking gear, stand at the base of your mountain, and tell it to get out of your way in the name of Jesus!**

conversation starters

1. What mountain are you currently facing?
2. Have you been trying to climb over and conquer that mountain? Or have you been telling the mountain to move?
3. Share about a time when God moved a mountain out of your life.
4. Jesus said *whoever does not doubt in his heart, but believes what he says is going to happen, it will be granted him*. How can we keep doubt out of our lives so that we truly believe what we are speaking is actually going to happen?

STUDY

Study the the story of David and Goliath. Share any revelation with your group!

ACT

Write out a statement that you can speak to your mountain every time it shows up. Share your statement with your group. Here is an example:

Mountain of stress, MOVE!! Be cast into the sea in the name of Jesus! I believe in my heart and do not doubt in my mind that the peace of God belongs to me. Sweet sleep belongs to me. I will not worry about anything, I will pray about everything.

prayer needs

Write down the prayer requests of your group members, and pray fervently for them! Let your group members know when you are praying for them, if you have any scriptures or encouraging words for them, etc.