



Every Time I Feel the Spirit: A Mountaintop Experience

Welcome to the Bridge! It's a joy to share this new study with you during this season of Lent entitled *Plenty Good Room*. For the next six weeks, we're going to take one of the African American spirituals as our thematic focus for scripture, as we journey together towards Holy Week and Easter.

African American spirituals have been called the earliest sacred music of the United States. The origin of the spirituals was influenced by many factors.

First, those who were enslaved brought melodies, rhythms, and tones of music from their West African culture.

Second, those who were enslaved were aware of and exposed to Christianity.

Third, after combining musical form with words from the Bible and doctrines of the Christian faith, they added their own experience.

The season of Lent reminds the Christian disciple that Jesus' life was steeped in prayer and meditation. Throughout his life and particularly as he moved towards the cross (Matthew 16:21), Jesus took numerous opportunities to retreat.

BIBLE LESSON: Matthew 17:1-9

1. What Did They See? (Matthew 17:2-4)
2. What Did They Hear? (Matthew 17:5)
 - a. The disciples knew who Elijah and Moses were.
 - b. The voice let the disciples know that Jesus the Son was loved by God, who was pleased with him.
 - c. The voice told the disciples to listen to Jesus and follow his teaching.
3. What Did They Do? (Matthew 17:6-8)
4. Coming Down the Mountain (Matthew 17:9)