









FLASH

TO FAST FOR OUR OWN GOOD



Lesson #1:

Slowing down allows us to
see Jesus for who he is.

(Luke 9:28-36)





The Disciplines in Action

Do You See Them?





The Disciplines in Action

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They went to pray (Fast and Pray)

They were told to listen (Listen)

They had to keep it to themselves (Wait)

Peter wanted to build a shelter (Celebrate)





The Disciplines in Action Meditation?

The disciples asked him, “Why then do the teachers of the law say that Elijah must come first?”

Matthew: 17:10

They kept the matter to themselves, discussing what “rising from the dead” mean

Mark 9:10





A Still View of Jesus





A Still View of Jesus Description

Luke Describes him as his face changed, and his clothes became as bright as a flash of lightning





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Matthew: His face shone like the sun, and his clothes became as white as the light





A Still View of Jesus Description

Luke Describes him as his face changed, and his clothes became as bright as a flash of lightning

Matthew: His face shone like the sun, and his clothes became as white as the light

Mark: His clothes became dazzling white, whiter than anyone in the world could bleach them





A Still View of Jesus Description

Everything about the images are about light





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Everything about the images are about light

They express the idea of power





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They focus of the idea of purity





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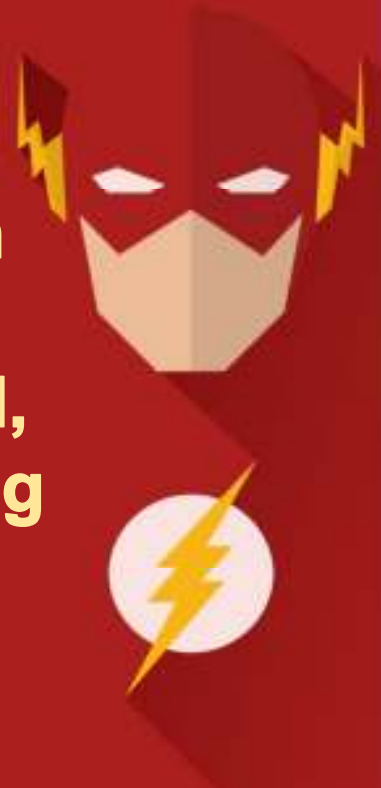
In this brief moment they got a glimpse of not just Jesus the man, they saw Jesus the son of God





A Still View of Jesus Description

And among the lampstands was someone like a son of man, dressed in a robe reaching down to his feet and with a golden sash around his chest. The hair on his head was white like wool, as white as snow, and his eyes were like blazing fire. His feet were like bronze glowing in a furnace, and his voice was like the sound of rushing waters.



Revelation 1:13-15



A Still View of Jesus The Connection

All three narrations of the story mention
Moses and Elijah





A Still View of Jesus The Connection

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Moses and Elijah**

**Moses was the great law giver, think about in
the Bible how many times its call the “Law of
Moses”**





A Still View of Jesus The Connection

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**Moses was the great law giver, think about in
the Bible how many times its call the “Law of
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**Elijah by most Jews was considered the greatest
Prophet**





A Still View of Jesus The Connection

Jesus was the fulfillment of the law

“Do not think that I have come to abolish the Law or the Prophets; I have not come to abolish them but to fulfill them.”

Matthew 5:17





A Still View of Jesus The Connection

**Jesus was the culmination
of the prophecies**

**He said to them, “This is what I told you while
I was still with you: Everything must be fulfilled
that is written about me in the Law of Moses, the
Prophets and the Psalms.”**

Luke 24:44





A Still View of Jesus The Connection

In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace that he lavished on us. With all wisdom and understanding, he made known to us the mystery of his will according to his good pleasure, which he purposed in Christ, to be put into effect when the times reach their fulfillment—to bring unity to all things in heaven and on earth under Christ.

Ephesians 1:7-10





A Still View of Jesus The Voice

**“This is my Son,
whom I have chosen;
listen to him.”**





A Still View of Jesus The Voice

**Jesus alone was chosen for this
redemptive mission**

I wept and wept because no one was found who was worthy to open the scroll or look inside. Then one of the elders said to me, “Do not weep! See, the Lion of the tribe of Judah, the Root of David, has triumphed. He is able to open the scroll and its seven seals.”

Revelation 5:4-5





A Still View of Jesus The Voice

Listen

Slow down and pay attention



THE FLASH



**A Momentary pause for a lifelong
GO!**