



Get Over It. Get To That.

Read Matthew 17:1-9

1 After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. **2** There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light. **3** Just then there appeared before them Moses and Elijah, talking with Jesus. **4** Peter said to Jesus, "Lord, it is good for us to be here. If you wish, I will put up three shelters--one for you, one for Moses and one for Elijah." **5** While he was still speaking, a bright cloud enveloped them, and a voice from the cloud said, "This is my Son, whom I love; with him I am well pleased. Listen to him!" **6** When the disciples heard this, they fell facedown to the ground, terrified. **7** But Jesus came and touched them. "Get up," he said. "Don't be afraid." **8** When they looked up, they saw no one except Jesus. **9** As they were coming down the mountain, Jesus instructed them, "Don't tell anyone what you have seen, until the Son of Man has been raised from the dead."

Most often, we believe we need to get over an experience that is now over. We need to “get over” a relationship that is already done. We need to “get over” a painful exchange that is no longer happening. We invest our attention in “getting over” and rarely do we actually move forward. We stay up under the memory and the pain then gets over us. How then, should we shift our focus so that we can “get over it” and “get to that” which we must be doing for Christ’s sake?

Activity: *Think about your “it.” In other words, what happened to you that you are getting over, but have not yet moved on?*

Respond to the Three Actions & Questions To Change Our Focus From “It” to “That:”

1. Remove yourself from “it.”
 - a. What thoughts, items, locations, and individuals are you near that enables you to revisit “it?” What steps will you take to remove yourself from “it” via removing yourself from those people, places and things?
2. Think on your new “that.”
 - a. What are you most passionate about?
 - b. What do you most want to see happen in the world?
 - c. What do you most want to see happen in your work and/or studies?
3. Don’t replenish it. Move forward to your “that.”
 - a. Replacing “it” with “that” requires some deliberate choices. What will you do today with your body, time and energy toward your “that” (identified in #2)?