



THE MOUNTAIN IS ME



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Introduction

In our spiritual journey, we often encounter challenges that seem insurmountable—mountains that loom large in our lives. However, what if we could change our perspective and recognize that these mountains are often the result of our own thoughts, attitudes, and choices? In this sermon booklet, we will explore how individuals in both the Old and New Testaments faced seemingly small challenges—molehills—that they transformed into mountains through faith and determination. Ultimately, we will reflect on the profound truth that the mountain is you, and we have the power to reshape our mindset and overcome our obstacles.

Part 1:

Understanding the Concept of Molehills and Mountains

Definition of Molehills and Mountains

- **Molehills:** Small problems or challenges that can be easily overlooked or managed.
- **Mountains:** Major obstacles or fears that seem overwhelming and insurmountable.

Key Scripture:

- Mark 11:22-23: “Have faith in God. For assuredly, I say to you, whoever says to this mountain, ‘Be removed and cast into the sea,’ and does not doubt in his heart but believes that those things he says will be done, he will have whatever he says.”

Part 2:

Turning Molehills into Mountains in the Old Testament

1. David and Goliath (1 Samuel 17)

- Molehill: The fear of facing a giant.
- Mountain: Goliath, the Philistine champion.
- Transformation: David, a young shepherd, faced Goliath with faith in God. He turned a seemingly small act of courage into a monumental victory for Israel, demonstrating that faith can conquer fear.

2. Moses and the Red Sea (Exodus 14)

- Molehill: The initial fear of pursuing freedom.
- Mountain: The Red Sea blocking the escape from Egypt.
- Transformation: Moses, with faith and obedience, raised his staff, and God parted the waters, creating a path of escape through a mountain of water. This illustrates how God can turn our obstacles into opportunities for deliverance.

3. Joshua and the Walls of Jericho (Joshua 6)

- Molehill: The challenge of entering the Promised Land.
- Mountain: The fortified walls of Jericho.
- Transformation: By following God's unconventional strategy of marching and shouting, Joshua and the Israelites brought down the walls, transforming their fear into triumph and showing that obedience to God leads to victory.

4. Elijah and the Prophets of Baal (1 Kings 18)

- Molehill: Elijah's fear of being outnumbered.
- Mountain: The challenge of proving God's power against 450 prophets.
- Transformation: Elijah's faith and boldness led to a mighty display of God's power, demonstrating that faith can conquer even the greatest odds. His victory over the prophets of Baal shows that God stands with those who trust Him.

Part 3:

Turning Molehills into Mountains in the New Testament

1. The Woman with the Issue of Blood (Mark 5:25-34)

- Molehill: Her condition and societal rejection.
- Mountain: The crowd and her illness.
- Transformation: With determination, she pressed through the crowd, touched Jesus' garment, and was healed. This story illustrates that faith can overcome

great obstacles and societal barriers.

2. Peter Walking on Water (Matthew 14:22-33)

- Molehill: The initial call to step out of the boat.
- Mountain: The stormy sea.
- Transformation: Peter's faith allowed him to walk on water until doubt crept in. His experience teaches us that even when we falter, we can call on Jesus to save us, emphasizing that our faith can help us overcome our fears.

3. The Early Church's Perseverance (Acts 4-5)

- Molehill: The threat of persecution.
- Mountain: The opposition from religious leaders and the Roman authorities.
- Transformation: The apostles continued to preach boldly, empowered by the Holy Spirit, turning their fear of persecution into a powerful movement of faith. Their resilience in the face of adversity shows the strength of community and faith.

4. Paul and Silas in Prison (Acts 16:25-34)

- Molehill: Their imprisonment.
- Mountain: The chains and prison walls.
- Transformation: Through prayer and worship, they turned their despair into a testimony, leading to an earthquake that freed them and brought salvation to the jailer. This story illustrates how worship and faith can transform dire situations.

Part 4:
The Mountain Is You

Self-Reflection and Empowerment

- Recognize that the mountains in your life may be rooted in your mindset, fears, and doubts.
- Embrace the truth that you have the authority to speak to your mountains and command them to move.

Practical Steps to Overcome Your Mountains:

1. Identify Your Mountains: Reflect on the challenges you face and determine which are self-imposed.

- Example: If you struggle with self-doubt, recognize that this is a mountain you can confront with God's truth about your identity in Christ.

2. Shift Your Mindset: Replace negative thoughts with affirmations of faith and trust in God.

- Example: Instead of saying, "I can't do this," declare, "I can do all things through Christ who strengthens me" (Philippians 4:13).

3. Take Action: Like David and others, take steps of faith to confront your mountains.

- Example: If fear of failure holds you back, take a small step forward in faith, trusting God to guide you.

4. Seek Support: Surround yourself with a community that encourages and uplifts you in your journey.
- Example: Join a small group or fellowship where you can share your struggles and receive prayer and encouragement.

Conclusion

In closing, remember that the mountains in your life do not define you; rather, they are opportunities for growth and transformation. Just as the individuals in Scripture turned their molehills into mountains through faith and action, you too can rise above your challenges. Embrace the truth that the mountain is you, and step boldly into the victory that is yours in Christ.

Final Scripture:

- Philippians 4:13: “I can do all things through Christ who strengthens me.”