

Energize Your Body, Empower Your Mind, Ignite Your Heart!

We call our gathering in Houston, Texas, every July the *Summit* for a reason. The dictionary's definition of summit is: "of the point, the peak, the topmost level attainable, a conference of highest-level." The *Summit* is a mountaintop experience. It's a long way up the mountain, but "oh what awaits us" is worth the trip!

God may have reasons for wanting us to get away to a mountaintop. Throughout the old and new testament, God has revealed much to those who were willing to go the distance up the mountain. In Matthew 17:1-8, Jesus took three of his closest disciples up to the summit—to the mountaintop. He stole them away for a day. Sometimes we need to steal away so God can show us new things away from distractions and the everyday cares of life. There are simple truths from these verses in Matthew 17 that we can certainly apply to our *Summit*. What can you expect from God if you decide to get away to Houston, Texas, for Summit 2014? A lot!

Expect Him to Be With You – Sometimes Jesus wants you all to himself.

Expect Him to give You New Vision and Insight – *There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light (Matthew 17:2).* Sometimes Jesus wants you to see him in a new light and share his glory.

Expect Him to Energize and Empower you – *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" (Matthew 17:4).* Okay, it might be a stretch, but I think Peter was so fired up about seeing Jesus in this new way

that he wanted to go into construction, and he was a fisherman! He wanted to build something for Jesus. So do I, but I need his power to energize my body and empower my spirit. I cannot do it on my own and neither can you. Jesus promises to give us more strength and energy, beyond what we can hope or even imagine.

Expect Him to Speak to You – *While he was still speaking, a bright cloud covered them, and a voice from the cloud said, “This is my Son, whom I love; with him I am well pleased. Listen to him!” (Matthew 17:5)* I’ve discovered that if I set aside time with God—If I just show up—H will have something to say to me. God expects you to listen to His Son and He may have something very specific to say to you. The teachings from the Lord that I received over the years from past Summits have made a lasting impact on my life.

Expect Him to Adjust Your Focus – *But Jesus came and touched them. “Get up”, he said. “Don’t be afraid.” When they looked up, they saw no one except Jesus (Matthew 17:7,8).* Have you lost your way because you have lost sight of Jesus? Have you lost motivation to continue pursuing your goals? On the mountaintop, he will bring it back into perspective.

Nothing ignites our passion like a fresh encounter with Jesus. Our theme for Summit this year is REVIVE! I need it to lead this ministry; I need it to live my life! Please consider the *Summit*, the mountaintop. We have lots packed into these two days. This is your opportunity to hear and learn from some of our best speakers and leaders; to hear about the newest trends in health and fitness and to be renewed and inspired to persevere in your own personal wellness goals. It is your opportunity to learn the most effective way to reach your community for Christ through wellness evangelism. It is your opportunity to be the best FP4H leader ever. This is what we are expecting July 25 and 26 in Houston—a mountaintop experience that will REVIVE us and change us forever. See you there.

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