



*The Journey*  
Week of 03.07.10

## Just Us

By Michael Maybee

I was not expecting what lay before me. The guidebook's description definitely fell short of the terrifying stretch of trail ahead. The "traverse" would take me across the nearly vertical west face of Longs Peak. I had just come through the Keyhole at 13,150 feet, to be greeted by this wall of rock that continued straight down until it reached Glacier Basin nearly 2,000 feet below. To make the treacherous transition to the relative safety of the next part of the trail, I had to stick my toes into a two inch crack that ran across the rugged face and hold on to another at about chest height with my fingertips as I inched my way across.



Transitions can be scary and exciting. This one confronting me was symbolic of another huge transition before me in 1989. In three weeks, I was to be married — for the second time. I had fasted and prayed all the previous day as I drove from Kansas City, and then as I hiked the six miles to my campsite on Longs Boulder Field. This was more than a solo hike. This was a spiritual journey.

The journey continues today. Terri and I recently celebrated twenty years of marriage, a marriage that has had its share of big transitions. We had a child together, two older daughters were married, two grandchildren have blessed our family, job changes occurred, and I retired, to list only a few. Every transition brought its own challenges and thrills. Now another transition awaits us, not too far in the future. Our youngest will be going away to college in about two years. We will be transitioning to the "just us" stage of life, and we are both looking forward to it excitedly.

Experience tells me we should start talking to others who have already made this transition. If I had talked with someone who had actually hiked Longs Peak they could have prepared me for that traverse much better than the cheap guidebook I used. I needed a person who had gone before me in the experience. More importantly, I needed a person that knew me and my capabilities well enough to assure me, "This is doable." I needed a sage.

Experience also tells me that we need to have trusted friends with whom we can share the journey, friends who are in the same stage of life. Some friends I have told of my solo hike up Longs Peak wondered at my foolhardiness. "What if you had fallen? How would you have gotten help?" As I look back I see that my adventure was pretty risky. So for my repeat trip up Longs this summer, I plan to go with at least one other friend.

Wherever you are in life, it is not a good idea to try to go it alone. There are others who have gone before you and can be your sage. I pray that God will bring them into your life and you will seek their wisdom. If you are a person who has garnered some experience and wisdom by surviving many years of life's transitions, I pray you will share that accumulated experience and wisdom with those who are now where you have been before. There are others going through trials and transitions similar to what you face with whom you can share your common struggles and victories. I pray that you will link arms with them and move courageously through each life transition ahead.

*"Two are better than one...If one falls down, his friend can help him up. But pity the man who falls and has no one to help him up!"*

~ Ecclesiastes 4:9-10

(You are encouraged to use the SOAP – Scripture, Observation, Application and Prayer Method for a guide. Click [here](#) for an example SOAP journal entry. Page numbers refer to "The Story of God" Bible available for free at the Welcome Center in our atrium.)

## **monday, 03.08.10**

Read: [Philippians 4:11-13](#) (pg. 806); [Psalm 92:1-2](#) (pg. 408)

## **tuesday, 03.09.10**

Read: [Philippians 3:1-11](#) (pg. 805); [Psalm 92:1-2](#) (pg. 408)

## **wednesday, 03.10.10**

Read: [Philippians 4:4-7](#) (805); [Psalm 92:1-2](#) (pg. 408)

## **thursday, 03.11.10**

Read: [Philippians 4:8-9](#) (pg. 806); [Psalm 92:1-2](#) (pg. 408)

## **friday, 03.12.10**

Read: [Philippians 4:19-20](#) (pg. 806); [Psalm 92:1-2](#) (pg. 408)

If you don't already receive weekly email notification about The Journey, click [here](#) to sign up.

**Grow** (resources to help you in your study)

- **Sunday's Sermon:** Click [here](#) for podcast, or here for [video](#)
- [Fathered by God](#), by John Eldredge
- [Half Time](#), by Bob Buford
- [Desire: The Journey We Must Take to Find the Life God Offers](#), by John Eldredge

**Go** (action steps)

- **The Psalm 92:2 Challenge:** for the next month, keep a Bible by your nightstand and leave it open to Psalm 92:2. Each morning, dwell on his “loving kindness” - allowing it to create expectancy about how you’ll experience this throughout your day. At night, recount all the ways He’s been “faithful” to you.
- **GO**—Sign up to serve: email Lisa Zulke by clicking [here](#)
- **GROW**—Join a small group, a 1:1 spiritual mentorship, or find about the many other [ways to grow](#)
- **GIVE**—click [here](#) to make an online gift to Heartland and learn how you can set up recurring gifts

Small Group/ 1:1 Question Samplers:

1. What is your definition of contentment? Are experiencing it today? Why or why not?
2. What life-stage changes have you experienced? Has it been difficult or easy? Why or why not?
3. In general, how well do you handle change? Have you had to deal with unwanted change? Describe the situation and its impact on you.
4. What would you identify as your true priorities in life? How intentionally do you organize your life around your priorities?
5. Memorize Philippians 4:8