



### Mt. Everest, Life, and Other Tough Climbs

Today in Sunday School, we learned about another group of people who live in Nepal called the Sherpa. The Sherpa people are known for being kind, friendly, and welcoming of strangers. They are also known for helping people climb Mt. Everest. They cook for many of the mountain climbers, help guide them up the dangerous mountain, and carry much of the mountain climbers' supplies.

Let's imagine we are taking a trip up to the top of Mt. Everest. What sorts of dangers do we run into? Make a list of what you can think of.

Here's what I wrote down: 1) it can get awfully dark up on the mountain at night 2) we can slip and fall 3) we can get very tired 4) we need someplace safe to make camp 5) we can get into dangerous places where we have to help each other 6) we have to trust each other because sometimes things don't make sense and it feels like we are going the wrong way.

And you know what I realized? God helps us in all those ways. It's true! Take a look at these verses and you'll see what I mean. If you don't have a Bible handy, check out [www.biblegateway.com](http://www.biblegateway.com). God helps us ...

- 1) When things look dark and hopeless  
Psalm 119:105
- 2) When we feel like we're slipping and falling  
Psalm 94:18

- 3) When we're tired and discouraged  
Psalm 73:26
- 4) When we need someplace safe to rest  
Psalm 31:3, 20
- 5) When we admit we need God's help  
Psalm 25:9
- 6) When life doesn't make sense or seems unfair and we have questions for God  
Psalm 73

I think if God helps us in all those ways, He wants us to help others in the same way. We can all be like the Sherpa guides and help people overcome whatever challenges they face. And, we start by asking God for His help and accepting His help. Then, we can ask Him how to help other people who need help. I'm going to go back through that list I made and write down ways I can help other people the way God has helped me. Give it a try and let me know what ideas you come up with!

“Dear God, please help the Sherpa people of Nepal. Just like they help so many people, please help them understand how much You want to help them and guide them. Help them understand that Jesus died to save them, so they can overcome every obstacle that comes their way, even death, just like Jesus did when He came back to life. Thank You. In Jesus' Name. Amen.”