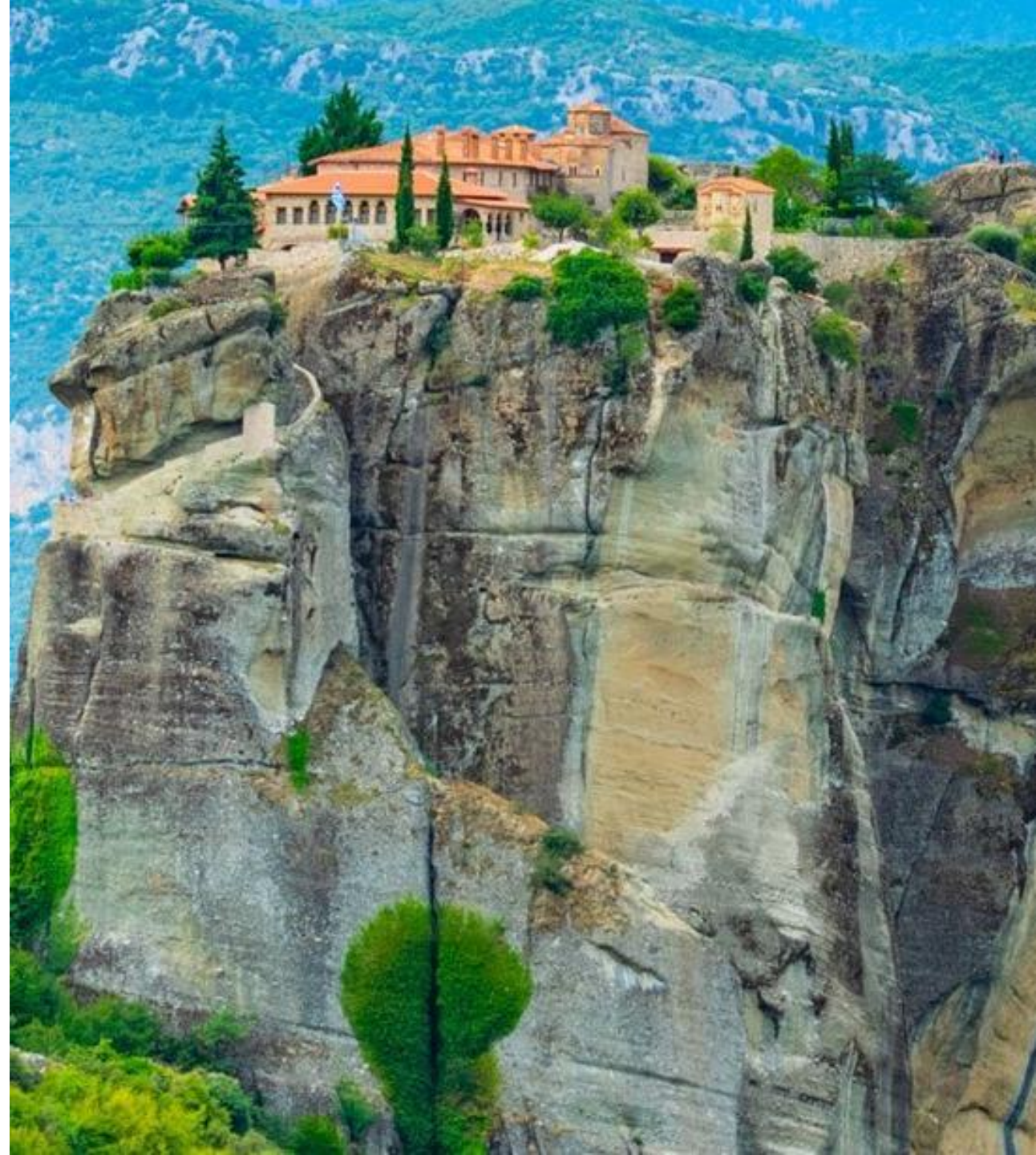


STUDY SESSION 7

BCA GROUP TOUR NOV 2025

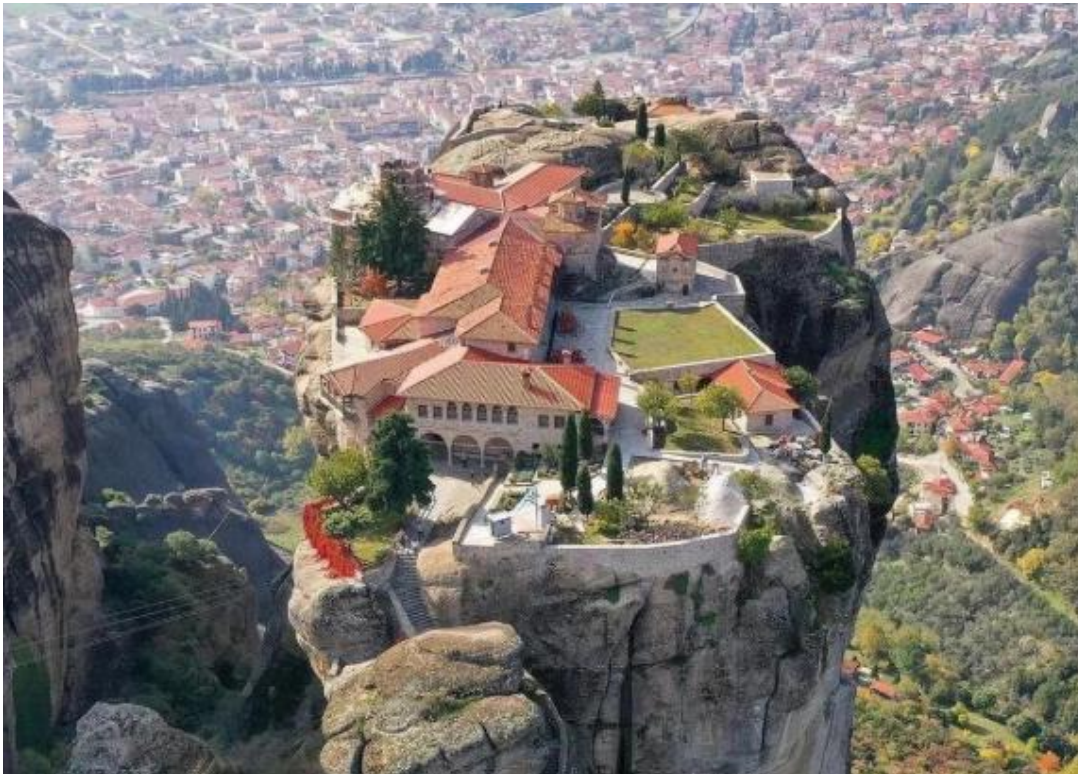
Meteora

Faith on the Heights



METEORA

A PLACE SET APART



- Meteora means “**suspended in the air**”—a series of ancient monasteries built on towering rock formations.
- Established by monks seeking **solitude, prayer, and devotion to God**.
- A **UNESCO World Heritage site**, still home to a few active monastic communities.

SOLITUDE, PRAYER, AND SPIRITUAL DEDICATION

Monastic life is centered on prayer, fasting, and Scripture meditation.

Many biblical figures, including Paul, Jesus, and Elijah, spent time in isolation to seek God.

Spiritual disciplines help believers grow closer to God, regardless of where they are.



ENDURANCE AND FAITH

Lessons from Paul

- Paul's letters emphasize perseverance in trials and unwavering faith.
- Monks in Meteora modeled Paul's endurance— isolating themselves to stay spiritually strong.
- Key Verse: 2 Timothy 4:7 – "I have fought the good fight, I have finished the race, I have kept the faith."



FAITH ON THE HEIGHTS



A Metaphor for Our Spiritual Journey

- Just as Meteora rises above the valleys, faith lifts us beyond earthly struggles.
- Christian life requires discipline, commitment, and elevation of our hearts toward God.
- Paul calls us to set our minds on heavenly things (Colossians 3:2).

DISCUSSION QUESTIONS

- What can we learn from Meteora's monks about spiritual discipline?
- How can we cultivate endurance and faith like Paul?
- What distractions in our lives keep us from "rising" spiritually?



REFLECTION & APPLICATION



ARE WE ACTIVELY STRENGTHENING OUR FAITH?

- If we aren't actively strengthening our faith, are we just coasting?
- How can we create spiritual "high places" in our daily routines?



KEY TAKEAWAY


Challenge:

Set aside a dedicated time for prayer and reflection each day this week.

Q & A TIME

<https://bcachurch.com/walking-in-the-footsteps-of-the-apostle-paul/>

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STUDY RESOURCES

Bandy, A. S. (2021). *An illustrated guide to the Apostle Paul: His life, ministry, and missionary journeys*. Baker Books.

Fant, C. E., & Reddish, M. G. (2003). *A guide to biblical sites in Greece and Turkey*. Oxford University Press.

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