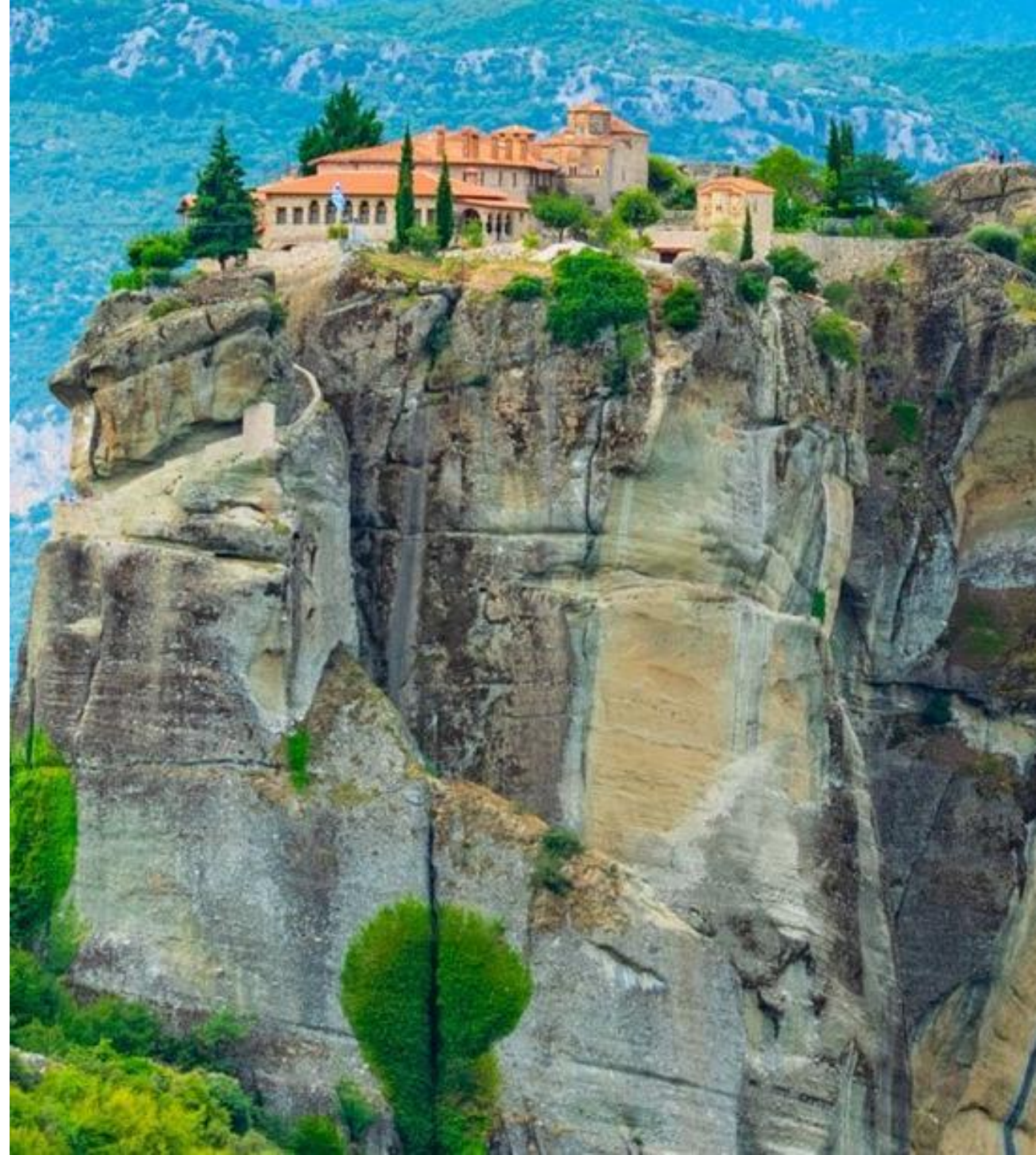


STUDY SESSION 7

BCA GROUP TOUR NOV 2025

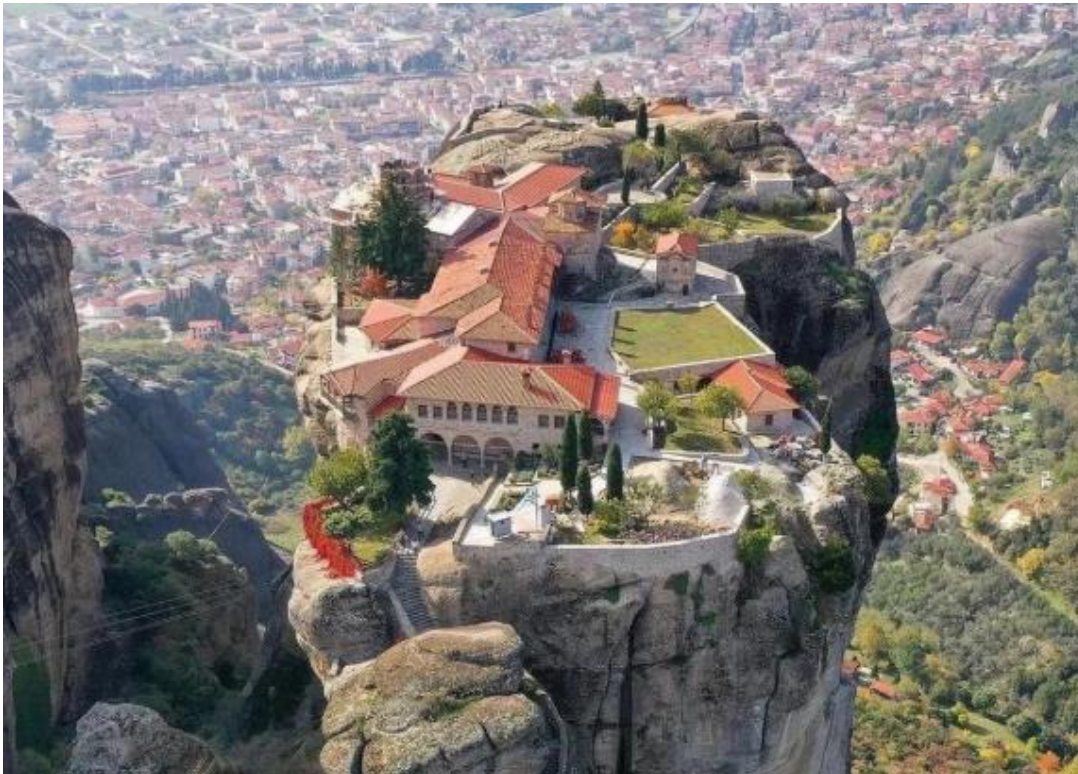
Meteora

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.



ALIGNING DISCIPLESHIP PRACTICES ACROSS TRADITIONS

Orthodox Practices of Monasticism



- Asceticism = Spiritual discipline (1 Corinthians 9:27)



- Theosis = Transformation into Christlikeness (2 Corinthians 3:18)



- Community = Support and accountability (Galatians 6:2)

ENDURANCE AND FAITH

Lessons from Paul and Monasticism

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."



PAUL'S ASCENT & MONASTIC SYMBOLISM

Paul: 'I press on toward the goal'
(Philippians 3:14)

Monks: Climb literal heights as symbolic
of spiritual ascent

Shared theme: Transformation through
discipline and perseverance



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.

Rose Publishing. (2021). The life of the Apostle Paul: 200 key facts at a glance. Rose Publishing.

Swindoll, C. R. (2009). Great lives: Paul: A man of grace and grit. Thomas Nelson.

The Holy Bible. (2013). New International Version (NIV). Zondervan.

Wright, N. T. (2018). Paul: A Biography. HarperOne.

METEORA VIDEO RESOURCES

- [Meteora: The Incredible Cliff Monasteries Of Northern Greece](#)
- [Meteora Greece: A Deep Dive into History](#)
- [METEORA GREECE: Monasteries in the Sky | Monks Trail](#)

