

July 13, 2025 Blessed are the Curious for they Shall have Adventures

Psalm 121 NIV

I lift up my eyes to the mountains—
where does my help come from?

²My help comes from the Lord,
the Maker of heaven and earth.

³He will not let your foot slip—
he who watches over you will not slumber;

⁴indeed, he who watches over Israel
will neither slumber nor sleep.

⁵The Lord watches over you—
the Lord is your shade at your right hand;

⁶the sun will not harm you by day,
nor the moon by night.

⁷The Lord will keep you from all harm—
he will watch over your life;

⁸the Lord will watch over your coming and going
both now and forevermore.

This morning we continue with week two of our summer series,
T-Shirt Theology, where we're taking some simple sayings—
like the kind you'd wear on your favorite tee—and holding them up
next to the deep truths of Scripture and our faith.

I love how Doug Sell intro'd our series last week.

He named that we see messages on T-shirts every day.

Marketing messages and inspirational messages.

T-shirts that tout beverages, favorite vacation spots, businesses
and the pride of their sports team.

The point is all of these T-shirt messages tell us something about the
person wearing them and what they might think is important.

Sometimes the messages can inspire us and sometimes...

they can even revolt us....but they can leave an impact!

My hope is that each week this summer, we'll explore how these bite-sized phrases can uplift **us**, connecting us to God's love, inspire hope and challenge us to live out our faith in practical and transformational ways.

This week we've another good one!

“Blessed are the curious, for they shall have adventures.”

Now, you won't find that verse word-for-word in the Bible.

It's definitely not listed in the beatitudes that Jesus named in Matthew 5.

This is actually a US National Parks T-shirt I bought years ago because Rich and I love to hike, love trying new trails, & pushing ourselves, getting out into the beauty and majesty of nature! Hiking has ALWAYS been an adventure for us!

I choose this T-shirt for today, because the more I thought about it—especially in light of our recent hiking vacation in the Swiss Alps—the more I started to believe that this line *preaches*.

“Blessed are the curious, for they shall have adventures.”

If you think about it...the Bible is full of curious people stepping into the unknown—people who ask deep questions, who challenge themselves, people who take risks.

Folk who wandered far, climbed high, and discovered God in often surprising, unexpected places.

God I LOVE adventure...& you know what...GOD loves adventures too!

Let me take you there for a minute On my Swiss hiking adventure 2 weeks ago with Rich and our dear friends Diane and Drew.

Picture tall, snow-covered peaks. **SLIDE**



Wooden chalets tucked into green, rolling hills. **SLIDE**



Wildflowers of every color, bursting out everywhere. **SLIDE**



It was as breathtaking as it sounds and looks.

And also, picture me... **SLIDE**



out of breath, sweaty, laughing like a crazy person, groaning in pain and exhaustion, and sometimes wondering what this 61 year old woman got herself into in the Swiss Alps!

Each day however, brought a new trail— Each day a new adventure...

SLIDE



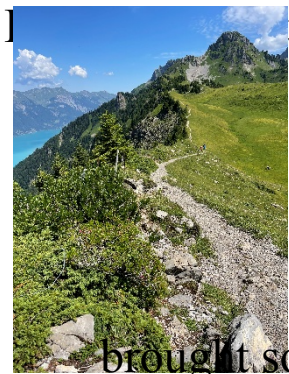
Some were smooth and well-marked. Others, well not so much!

There Were hikes that kicked my butt. The inclines that just wouldn't quit,
and with every incline, there were devastating DECLINES...
and oh they were worse!

Every time I thought I'd reached A plateau—a stretch of level path—
We'd turn a corner and find another steep climb down.

I was always out of breath, sucking wind, and dealing with quivering legs
and aching knees. And did you hear that I'm 61 years old?

But you know what?



ep... **SLIDE**

every bend along the trail of this adventure,
brought something beautiful & inspirational.

A mountain runoff stream, a hidden bench to rest upon,
a panoramic view that reminded me why I kept setting out each day.

Always curious of what God had in store for me next,
on this new adventure. **RETURN TO TITLE SLIDE**

One morning we chose a particularly difficult hike- the Eigerglacier-
a trail that follows The North Face of the Eiger mountain.

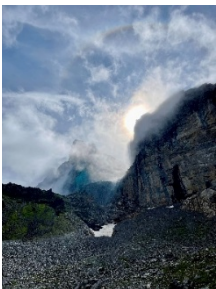
The hike started at 7153 ft and we needed to hike our way over, around and down to about 5300 feet.
To be honest, I was extremely hesitant. It was narrower. Rockier. And had significant ups and those never-ending killer downs, with the added unexpected bonus of snow and ice that needed to also be traversed. **SLIDE**



But it turned out to be THE most stunning trail of the entire trip for me. It ultimately took us about 4 hours to go 5 miles. I had to stop repeatedly to rest and catch my breath, allowing my heart rate to slow down, popping ibuprofen & Aleve throughout the hike.

I even slipped & fell on the icy trail portions, tweaking my shoulder and knee, and struggled to regain my footing... I was definitely feeling anxious as my body was giving out and I knew we were only halfway through this trail... What kind of adventure have I gotten myself into Lord?

But it was then as Rich and Drew reached down to help me stand back up, that I saw it. FLAT on my back in the crusty snow—I looked up... I spotted it clear as day...right over their heads & in the shadow of the Eiger, I saw a rainbow. **SLIDE**



I hope you can see it too...It simply took my breath away... all the aches and pain just melted away.

This pic actually doesn't do it justice.

The vibrant violet, blue, orange & gold arch amongst the wispy clouds and mountain peak was glorious...a definite Holy, sacred show-stopper!

It filled my whole being with a peace & grounded-ness...
that's difficult to explain.

As I regained my footing, I experienced God's presence surrounding me...
filling me... protecting me... again grounding me in a way that I still feel
in my core when I see this picture.

God's beautiful symbol of hope & promise for **me** during this difficult hike
was a blessing. I felt like God was saying,

“I'm here too Gina...always here...surprise!”

I finished the hike strong & it has been a gift of grace
that just keeps on giving!

Oh my friends “Blessed are the curious for they shall have adventures!”

I think God blesses the curious, because curiosity often becomes
a means for how the Spirit is able to speak & work & move,
and simply show up in our lives and in our world.

When we dare to live, to risk new things, to ask questions,
to step out of our comfort zones—something new can be discovered,
seen, understood...claimed in our faith journey.

And just thinking of this tag line: **Back to Title Slide**

“Blessed are the curious, for they shall have adventures.”

The Eigerglacier trail—difficult as it was—gave me more than a workout.
It gave me perspective. It reminded me what adventure really is:

Its not just about *going somewhere*—*like* reaching that end trail marker
or hiking over 60 miles in 10 days...its not just about *going somewhere*...

its about *discovering something new*—something new about God,
about the world, about myself.

You all know I love to journal...its no different while on vacation! **SLIDE**



The morning after the Eiger hike Psalm 121 was my devotional reading.
One of the most powerful pastoral psalms we have,
that suddenly felt so very personal...

because it named my reality from that amazing adventure.

“I lift up my eyes to the mountains—where does my help come from?
My help comes from the Lord, the Maker of heaven and earth.”

Just 2 two verses. But it contains an entire spiritual journey.

The psalmist starts with the mountains—just like I did.

“I lift up my eyes...” **Back to Title Slide**

Now we need to remember that in ancient Israel,
mountains were often seen as sacred places—
holy spaces where heaven met earth.

But mountains were also treacherous. Thieves hid there.
Travel was risky. The road & terrain were unpredictable.

So when the psalmist looks to the mountains, it's not just admiration
of its beauty and majesty—it's also tinged with **anxiety**.

The psalmist is not only proclaiming,

“Wow! In Holy awe...but is also asking, “How?”

Curiosity is in this psalmist's heart and mind,

“I lift up my eyes to the mountains... “*Where does my help come from?*”

That's such a deeply human question.

Especially for anyone who's curious enough to go off the beaten path

or hike a snow and ice-covered trail at 7000 ft.

It's a deeply human question for anyone who's tried something new.

For anyone who's stepped out in faith and wondered,

Did I just make a huge mistake? What was I thinking?

Where does MY help come from?

Now friends, maybe for you the “mountain” isn't literal.

You're not sucking wind, icing your knee & wondering what the next bend in the trail will bring in this Alpine hike. No.

*Maybe for some it's the diagnosis just received.

*It's the never-ending job search.

*The hard conversation you just had... or need to have.

*The change you didn't choose.

Questions...curiosity...risk...uncertainty...adventures in life...

the ones we choose or the ones that find us—

are always part of life and faith journeys. Always.

What I love About today's scripture reading is that the psalmist doesn't shut down the question. It's asked—honestly and openly—

in the midst of life's crazy... the adventures we choose
and all the ones that come to us sometimes relentlessly...
without warning, we need to ask...must ask:

"Where does my help come from?"

For me this was such an important AHA, because this is the gift of what curiosity does. It opens us. It invites God to speak, the HS to move...Jesus' wisdom to be revealed...

And if we're willing to listen, and see and feel—

if we're not too proud to ask—we'll hear and discover something back.

“My help comes from the Lord, the Maker of heaven and earth.”

And this is the turning point.

The psalmist doesn't say, “My Help comes from **me**...

I can do this myself. I got this!” No.

The psalmist also doesn’t say,

“Hey Gina, in life there’s no danger, no struggle.”

The psalmist says, “My help comes from the Lord, I’m not alone!

The Maker of heaven & earth is **with me** every single step along the way.

God isn’t just a rescuer waiting at the top or bottom...

God is the **Guide** walking every step with us.

On that trail I was reminded that God doesn't remove the mountains—

God meets us in the climb.

The Maker of heaven and earth, the one who shapes the mountains
also shapes our path.

This is not some vague or distant help...

it's personal, present, and powerful.

Friends, here’s what I want to leave you with today:

Adventure isn’t just travel. It’s trust.

It’s showing up with curiosity. It’s asking questions.

It’s stepping forward, even when you can’t see the summit
or what’s around the next bend.

And it’s choosing, every day, to **lift your eyes**.

To search for God, to seek and hear and see and expect God in every place
that we find ourselves in life’s journey of adventure.

~My adventures in the Swiss Alps gave incredible gifts
that I took home with me.

~My curiosity to explore new trails...

~My curiosity to see how much this body could physically hike...

~My curiosity to find God anew as I lifted my eyes unto the mountains...

~It also reminded me of how much beauty, that I almost missed...
because I was afraid I couldn't do it.

~It reminded me of when I pushed myself to the limit,
uncertain if I could continue, God's peace would envelop me

like a cloud descending on the mountainside.

~I discovered that I hadn't felt such sacred wonder like that in a while...
and it's simply because I stopped, rested **a lot**...
looked around and kept looking up. That's what I needed.

Rich, Drew, Diane and I all had unique special experiences,
but each of us also encountered something Holy,
for me something soul healing, and definitely something new...
because we showed up with curiosity & excitement for the adventure.

And you know what...here's the thing—you don't need a passport,
or the Swiss Alps, or hiking boots to follow your curiosity,
to risk adventure, to lift up your eyes... To live life to the fullest.

You just need a little willingness...maybe even some courage...
Trusting Yourself and God to step out.
How is God calling you to get curious about the world...
AND YOUR place in it?

Today I invite you to do one small thing—
that feels adventurous or curious. Just one...

Try a new route on your walk. Visit a new place. Ask a deep question.
Go off autopilot--just for a moment.

And while you're out there, whatever your “trail” or mountain looks like...
Lift your eyes.

Watch for the signs...look for the beauty...and trust that
the Maker of mountains and shaper of our daily life path...
walks with you.

“Blessed are the curious, for they shall have adventures.” YES...

But maybe more than that:

Blessed are the curious, for they will encounter God.

AGAIN AND AGAIN...May it be so, Amen!

O God who comes anew to us each day, we are grateful for all the ways we experience your presence in our lives. So we lift up all that we are to you this morning—with hearts that are weary, with spirits eager for hope, with souls stirred by questions too deep for words.

We come as curious travelers on this journey of faith, drawn by wonder and led by grace. Thank you for being our ever-present help, our steady ground, our sure foundation. You are the One who made the mountains and walks beside us in every valley. In your mercy, hear our prayers today.

We pray for those who are sick, for those recovering from surgeries and treatments, those who are in grief—grant healing where there is pain, strength where there is weakness, and hope where there is fear. Surround them with your peace and the tender care of those who love them.

We pray for the people of Texas as they face the devastation of flooding. For those displaced or grieving, for emergency workers and neighbors offering help—be a refuge and a source of restoration. May your church rise with compassion and courage to meet the needs.

We remember our global neighbors caught in the grips of war and violence—families torn apart in Ukraine, Gaza, Sudan, and beyond. O Lord, break the cycle of hatred and bring your peace to places where peace seems impossible. Make a way where there is no way.

For those who hunger for stability, for meaning, for belonging—may we be part of the answer. Let our curiosity lead us not only to awe and adventure but to action and love.

As we go into this day, stir in us the courage to follow where you lead, even into the unknown. Let our faith be wide enough to explore, strong enough to risk, and deep enough to serve.

We ask all this in the name of the One who walks beside us—Jesus Christ our Lord...who taught us to pray...Our Father who art in heaven...Amen.