

Home Group Leaders Discussion Guide

Names of God Series: God Most High/El-Elyon

Continuing along in our series on the Names of God, this week we look at God Most High (El-Elyon). Whereas last week we looked at God Almighty (El Shaddai)—God having the power/strength and authority to do anything and everything, which speaks to His ability/capability; God Most High (El-Elyon) has more to do with the idea that God is exalted above all else. Now these two concepts obviously go together. God is exalted above all because is more powerful than all. We see this clearly in Psalm 91:1, *“He who dwells in the shelter of the Most High will rest in the shadow of the Almighty.”*

Another way of saying that God is exalted or Most High, or perhaps another way of understanding that, is to say that the cosmos is God-centered. You and I come and go. Civilizations come and go. Even stars die out. But God is always, which is why everything is about Him.

As Christians, what we always want to keep in mind is that when we look at Jesus, we see the Father. Jesus is God Most High. Paul captures this in Colossians, *“all things were created by Him and for Him. He is before all things, and in Him all things hold together...so that in everything He might have the supremacy.”* (Col. 1:16b-18)

Isn't it amazing to think that this Exalted One, this Supreme One, knows us and wants us to know Him; that He wants to be with us? This Most High God invites us, *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”* (Matthew 11:28-30) Isn't it amazing to think that this Exalted One is also gentle and humble...which is a far cry from how humans are when we're exalted.

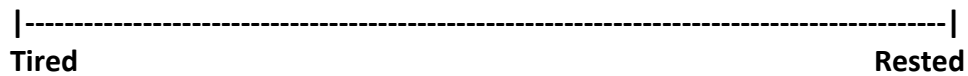
Considering Psalm 91:1 again, we see that the relationship we have with Jesus is one of being both WITH Him—dwelling in the shelter of the Most High; and UNDER Him—resting in His shadow. The UNDER part would be expected as He is the Exalted One. But, WITH Him is unexpected; in fact, it's down-right extraordinary. We want to cultivate both dimensions of our relationship with Jesus.

Dallas Willard was once asked the question, *“Why is Jesus such a big deal? And if he is such a big deal, how would you advise me to proceed to experience Jesus?”* After giving it some thought (Dallas Willard was a very thoughtful person, always slow and careful to respond.) Willard replied, *“Start by putting into practice the things Jesus said, trusting Him to be right about it. And if you do that, then you gradually find out what a big deal He is.”* That's a great reply. Jesus' supremacy is experienced as we obey/follow Him.

Q. What kind of trouble, strife, unrest are you currently experiencing? What are you doing with that? How are you handling it?

Q. How is God's authority seen in your life? (This can also be asked plurally/communally.)

Q. On the continuum/spectrum of tired on one side and rested on the other, where would you currently put yourself?



Q. How is God exalted in your life? What does that mean and look like? How is His supremacy/preeminence seen in your life? (This can also be asked plurally/communally.)

**Q. So it's one thing for the Bible to state lofty things about God/Jesus, it's quite another for us to believe it, and to live in harmony with it.
-How, or in what ways, are you challenged with believing the Bible?
-How, or in what ways, are you challenged in living consistent with the realities the Bible describes?**

Q. What do you think, how do you feel, about the idea that the most exalted being in the cosmos desires a relationship with you? How do you respond to that?

Q. If someone were to ask you how to live WITH God, or how to experience Him, how would you respond?

Q. When, or in what ways, do you find yourself tempted to think that life is about you? How does that usually play out?