



## TALK IT OVER

### **Mountains, Valleys and In Between Week Two : The Valleys**

#### **The Big Idea**

The valleys we go through are normal and necessary.

#### **Key Verse**

Joshua 1:9 NLT This is my command-be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go.

#### **Start Talking**

What valleys did you go through before coming to Christ? What valleys after? Did you believe that it would get easier in life if you followed after Jesus? Was there ever a time after coming to Christ that you felt like giving up?

#### **Start Thinking**

1 Peter 1:6,7 NLT So be truly glad. There is wonderful joy ahead, even though you must endure many trial for a little while. These trials will show that your faith is genuine. It is being tested as fire tests and purifies gold-though your faith is far more precious than mere gold. So when your faith remains strong through many trials, it will bring you much praise and glory and honor on the day when Jesus Christ is revealed to the whole world.

#### **Start Sharing**

What is your normal reaction when you find yourself in a valley?  
What valley has been the hardest to walk through in your faith?  
Have you had to walk through a valley that caused you to want better for yourself?

#### **Start Doing**

Be thankful for whatever elevation God has you walking in right now.  
Praise Him for the lessons He may be teaching you or moving you through. Share your valleys; if God has taken you through a valley share it with others so that they too can be encouraged to get through theirs.