

### TALK IT OVER

#### Week One – In the Valley

Think back through the message. What sticks out to you?

#### Key Scriptures:

*Matthew 1:23 “Look! The virgin will conceive a child! She will give birth to a son, and they will call him Immanuel, which means ‘God is with us.’”*

*Psalms 84:5-7 - What joy for those whose strength comes from the Lord, who have set their minds on a pilgrimage to Jerusalem. <sup>6</sup>When they walk through the Valley of Weeping, it will become a place of refreshing springs. The autumn rains will clothe it with blessings. <sup>7</sup>They will continue to grow stronger, and each of them will appear before God in Jerusalem.*

*Philippians 4:8 - And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise.*

*Jeremiah 29:13-14 - If you look for me wholeheartedly, you will find me. <sup>14</sup>I will be found by you,” says the Lord.*

#### Start talking. Find a conversation starter for your group.

- How would you define a mountain top season of life and a valley season of life? Share some examples of each from your own life.
- Talk about a time in your life where you felt the overwhelming presence of God? What was it like? What was going on? What happened to you as a result?

#### Start thinking. Ask questions to get your group thinking.

- How do we respond to the presence of God differently when we are on the mountain than in the valley? Why?
- How can we learn to rely on God's strength instead of our own when we are in the valley?
- Pastor Lane said in the message that God rarely reveals Himself to people who are rushed. How can we make sure that we are not rushed when we are preparing for the presence of God?

#### Start sharing. Choose questions that create openness.

- Do you find it easy or hard to set your mind on God when you are in the valley? What things have you learned to do to keep you mind set?
- Read Philippians 4:8 and Colossians 3:1-2. What do those verses teach us about the power of what we think about? How do we do what Paul taught in our everyday ordinary lives?
- When you are going through a valley season, how do you prepare yourself for the presence of God? How do you remind yourself that you are going through, not staying there forever?

#### Start praying. Be bold and pray specifically.

- God, help us learn to be people of your presence. Even in the valleys of life, you are still God with Us. Help us to lean into your strength, to set our minds on you and prepare ourselves for your presence as you take us through these valleys. Amen!

#### Start doing. Commit to a step and live it out this week.

- Make time to seek God without being rushed. Do whatever it takes to seek God without distraction and interruption.
- Start making a list of things that are Philippians 4:8 things in your life. Start thinking about and thanking God for those things instead of focusing on the negative things.
- Begin to praise and worship God no matter what valley you are in or what mountain you are on. Our God is good and worthy of our worship all the time!