



⁵ Blessed are those whose strength is in you, whose hearts are set on pilgrimage. ⁶ As they pass through the Valley of Baka, they make it a place of springs; the autumn rains also cover it with pools. ⁷ They go from strength to strength, till each appears before God in Zion. – Psalm 84:5-7

Valley of Baka = Valley of WEeping.

1. When we walk in FAITH,
He shows Himself FAITHFUL.

⁵ Blessed are those whose strength is in you, whose hearts are set on pilgrimage.
– Psalm 84:5

⁷ Where can I go from your Spirit? Where can I flee from your presence? ⁸ If I go up to the heavens, you are there; if I make my bed in the depths, you are there. ⁹ If I rise on the wings of the dawn, if I settle on the far side of the sea, ¹⁰ even there your hand will guide me, your right hand will hold me fast. – Psalm 139:7-10

2. If you are led TO it,
He will lead you THROUGH it.

⁶ As they pass through the Valley of Baka... – Psalm 84:6a

3. We enjoy Him on the MOUNTAINTOPS,
but we get to know Him more in the VALLEYS.

...they make it a place of springs; the autumn rains also cover it with pools.
– Psalm 84:6b

4. Push through the PAIN, strengthened by
His POWER, to the place of PEACE.

⁷ They go from strength to strength, till each appears before God in Zion.
– Psalm 84:7

Unless otherwise noted, all Scriptures are from the New International Version (NIV).

NOTES FOR FURTHER STUDY

REFLECTION

- Do you feel like you on a mountaintop or a valley right now? How do the highs and lows of life affect your relationship with God?
- In what way is Christian life like a pilgrimage?

DIGGING DEEPER

- Read **Psalm 139:1-6**.
 - How much does God know about us, not only now but also in our future? In comparison, how much do you know about what your life will be like in the future? How does this make you feel?
 - Why do you think David says, “such knowledge is too wonderful for me” (v. 6)?
- Read **Psalm 139:7-12**.
 - What do these verses mean? How do they encourage you regardless of what you may be facing in your life (see also **Deuteronomy 31:6**)?
 - How has God relentlessly pursued you in your own life?
- Read **Psalm 139:13-18**.
 - What does it mean to be “fearfully and wonderfully made” (v. 14)? How does this affect the way you see yourself?
- Read **Psalm 139:19-22**.
 - What does David’s concern for justice reveal about what he might have been going through and feeling when he wrote this Psalm? Do you ever feel the similar zeal for justice?
 - Do you think David’s hatred for God’s enemies is right (see also **Matthew 5:43-45** and **Romans 12:17-21**)?
- Read **Psalm 139:23-24**.
 - Why do you think David shifts from hating God’s enemies to immediately asking God to search his own heart?
 - How can you maintain a similar attitude throughout your life?