



Hills & Valleys

AND THE IN-BETWEENS

Pt. 1: I've Been There

Questions for further study and application:

- Day 1 You know what it's like to be on the top of the mountain. It's when you're having the time of your life and everything is going as planned. When you're feeling on top of everything, it can cause you to feel prideful, as though you made it there with your own strength. Pride is something everyone struggles with. When you try to stand on your own strength, you will find yourself slipping. Read James 4:6. Knowing that God dislikes pride, what can you begin to do differently to become more humble? You can start by spending more time with Jesus, and ask God to help you become more like Him.
- Day 2 You also likely know what it's like to be in the valley. Where you can't seem to catch a break, and nothing seems to be going as planned. The truth of the matter is that life will not always go the way you want it to. Living in the lows of life can leave you feeling defeated, exhausted, and ready to throw in the towel. When you find yourself in a valley, there could be a variety of reasons. You may need to slow down, or perhaps God is working on you to bring you into a new phase of your life, or maybe He just wants you to focus only on Him. Read Isaiah 41:10. The key is to remember is that God will strengthen and help both on the mountain and in the valley.
- Day 3 Read Romans 8:28 NLT. The key to standing in the valley or on the hill is becoming more dependent on His strength and not our own. One truth to focus on whether you're in the valley or on the hill is that the hills and valleys are not the destination; they are the journey. If you become fixated on the destination, you can miss what you're supposed to learn along the way. Life will bring you ups and downs. You need to look for what God may be trying to teach you. It could be that you need to trust and rely only on Him. Maybe He's trying to teach you that He is in control of everything. Read Proverbs 3:5-6. Trust God to get you through all the good times and the tough times of life.
- Day 4 On your journey, when you remember it's not about the destination you will find that you can encounter God on the hill top and in the valley and everywhere in between. It's your response to the place that you are that determines your experience while you're there. When you're on the hill, you learn to enjoy God. When you're in the valley that is where you get to know God. You need both of these things in life. So, how do you have the right response whether you are on the hill or in the valley? When things in life are going well, you avoid pride by being humble, giving God the credit when you have success, and showing gratitude. When things aren't going your way, that's when you give it over to God and trust Him lead you out of the valley.
- Day 5 When you recognize that God reigns the hills, the valleys, and the in between, you learn that you need to keep your eyes fixed on Him. Read Psalm 112:1-3. These verses tell you that God is tirelessly working for you and always ready to lift you up. It's also important to remember that regardless of where you are, God should never be your last resort. When things get tough and you've tried everything you can think of, you shouldn't then think to pray for God's help. That should be your first step. Practice putting God first each day and enjoy the journey of life.

What's New?

If you have kids elementary aged asking about salvation and baptism, then sign them up for the Big Splash. Our staff will walk you and your child through our Family Guide to Kid Baptism. Register at watersedgechurch.net/thebigsplash.