

VALLEYS & VICTORIES SERMON SERIES



WEEK 1 HOPE IN THE FACE OF DESPAIR

←————→
LAS LOMAS COMMUNITY CHURCH
WEDNESDAY NIGHT STUDY
WWW.LASLOMASC.COM

Before the Bible study,

- Please watch/listen to last Sunday's message at laslomascc.com/media

What's one thing about this week's message that stood out to you as something you needed to hear OR a question you had about the message?

QUESTION

MAIN POINTS FROM THE SERMON

First thing we see is the ...

- **REALITY OF DESPAIR IN THE FAITHFUL**

The despair led Elijah to a moment where he could experience the ...

- **GENTLENESS OF GOD IN OUR LOWEST VALLEY**

After the gentleness comes the ...

- **HOPE IN GOD'S PRESENCE AND PLAN**

DISCUSSION QUESTIONS

Discuss Despair

- Reflect on a time when, like Elijah, you experienced a sudden shift from a high point in your life or faith to a moment of despair or doubt.
 - How did that transition make you feel and how did you cope with it?

Experiencing God's Gentleness

- Elijah's restoration was a process. Discuss the importance of patience in the healing journey, both for ourselves and in supporting others.
 - How can we be more compassionate and patient, recognizing that everyone's pace of healing is different?

Finding God in the Whispers

- A whisper signifies closeness and intimacy. Share a time when you felt particularly close to God.
 - How can we cultivate a spiritual practice that attunes us to listen for God's whispers amidst the noise of life?

LIVING IT OUT SECTION

Navigating the ebbs and flows of life requires both self-awareness and grace. This week as you walk in faith, remember that despair can follow triumphs, much like Elijah's experience.

Take moments this week to:

- **Reflect** on a time when you transitioned from a high point in your life or faith to a moment of despair or doubt. Write about that experience, focusing on:
 - What triggered the transition?
 - The emotions you felt during that time.
 - How you coped or found solace.
- **Pray.** Find a quiet space and spend 15 minutes in silence. Try to quiet your mind and be present. This can help make you more receptive to the still, small voice (whisper) of God.



Visit us online at: www.laslomascc.com
Text Prayer Requests to: (831) 292-5800