

Weekly Discussion Guide – 7-9-2023

“Mountains and Valleys”

1 Kings 18:17-40; 19:1-18

1. In your Christian walk right now, do you feel like you're on the mountain top, coming off a mountain top, in a valley, or somewhere else along the journey?
2. What is your most recent mountain top experience?
3. If you could name the current (or most recent) valley you've been in, what would you name it (i.e. Valley of Loneliness, Valley of Death, Valley of Cancer, etc.)
4. This week, we looked at a list of things that can cause us to limp in our faithfulness to God (Work, Sports, Country, Church, Family). Have you promoted any of these (or others) from “good” to “great,” allowing them to cause you to limp along?
5. In what ways might God be inviting you to seek Him in the valleys of your life?

Spend time praying that the Holy Spirit would show you how to live out your mountain top decisions in the valleys of your life.