



# +DEEP DIVE

Make the inspirational **PRACTICAL**.

## Episode 7 - Valleys that Shape Us

"The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. Psalm 23:1-4

1. Elijah's valley experience was technically on a mountain. But it dumped him in a cave. Read I Kings 19:1-18.

2. Elijah was depressed, even suicidal (19:4). How was his valley affecting his beliefs about himself? About God? About his mission?



3. Describe how God met him in his low point. Why might He meet him without the fireworks display of chapter 18?

4. What are some things Elijah learned in his valley experience?

5. His encounter with God in the cave re-oriented Elijah. God's Word and His Spirit moved Elijah's heart, mind and body. Are you in need of an encounter with God to move you through your valley? How will you invite His Word and His Spirit to work in you?

Notice Elijah was honest with God about how low he was. Dr. Larry Crabb says, "For many Christians, denial has become a habit. Chronic denial as a means of coping leads to a stiffness and rigidity that may for a time masquerade as emotional stability. People who are neither excitable nor moody can look very spiritual." The great prophet Elijah wasn't masquerading. He was honest with the LORD about his valley.

6. Be honest with God. Pray for the Companion to shepherd you through (Psalm 23). Or, if there is someone close to you who needs the Shepherd for their valley, encourage them with prayer.