

Make the inspirational **PRACTICAL**.



Episode 7 - Valleys that Shape Us

“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.” The 23rd Psalm Verse 4

“Life is supposed to be a series of peaks and valleys. The secret is to keep the valleys from becoming Grand Canyons.” Bernard Williams

1. What valley are you in today? Or what friend is in the valley right now?
2. Sometimes we deny we're in a valley. Our fingers are crossed thinking things will get better. Refusing to admit that something is wrong is a way of coping with stress, pain, or any other kind of trouble. But it is short-term coping. What are some reasons why people deny they are in a valley?
3. Describe a lesson you learned in a valley you walked through already.
4. Find the 23rd Psalm in a Bible or on a Bible app. It's short—only 100 or so words long. Read it slowly once for the words. Read it a second time for the word-pictures. What word and which picture tugs at your heart right now? Explain why.



5. Attempt one of these action steps:

- ◆ Share your thoughts on your valley and Psalm 23 with a close friend to see what they think.
- ◆ Seek out a valley-walker. Ask him/her what they have learned in the valleys they have walked.
- ◆ If you are in a valley, find someone you can be honest with and ask them to pray for you.
- ◆ Pray to the Companion who's been through the valley and who can lead you through yours.