

Series Title: Experiencing God in the valleys

Subtitle: 'Hope for Life's toughest moments'

Primary Aim: This is a follow on series from 'Experiencing God in the Mountains' but this time through the lens of Valley Experiences. It serves as a framework to hang our series which is again focused on thinking about what it means to walk with Jesus through the highs and lows of life.

1. God of the Valleys

Passage: 1 Kings 20, Jeremiah 18-19

Blurb: This introductory session will help us to get a grasp of how valleys are used in the Bible both in a literal and a metaphorical sense. Using the frame of 1 Kings 20 we see how God is still God both in the mountains and in the valleys. We will then see through Jeremiah 18-19 that even when we are in the valley God is at work and all the time He is with us. [No Blog](#)

2. The Valley of Eshkol (Fear)

Passage: Numbers 13-14, 32:6-13 and Deut 1:19-46

Blurb: The story of Israel sending out the 12 spies into the land of Canaan (Numbers 13-14 and Deuteronomy 1:19-46) takes place in the abundant valley of Eshkol. This session will wrestle with the impact of fear in our lives and the danger that fear can freeze out our faith. It will also help us remember the truth that God really does keep His promises to us no matter what. [Blog](#)

3. The Valley of Achor (Hope)

Passage: Joshua 7 (esp: v25-26), Hosea 2:14-16 & Isaiah 65:8-10

Blurb: In Joshua 7-8 we see that the valley of Achor becomes a place of judgement after Achan helps himself to the devoted things and suffers the consequences. The prophets Hosea & Isaiah also mention this valley and prophecies that God is going to make the valley of Achor into a door of hope. We will see that God loves to turn our bleak situations into opportunities for hope to break through. [Blog](#)

4. The Valley of the Shadow of Death (Trust)

Passage: Psalm 23

Blurb: Psalm 23 includes reference to perhaps the best known valley, namely the valley of the shadow of death. This Psalm is about the care and provision of the Good Shepherd as seen through the illustration of the shepherd leading the sheep through the valley and up into the mountains for grazing. The Psalm is a fantastic encouragement to trust in the Good Shepherd who laid His life down for us. [Blog](#)

5. The Valley of Baka (Journey)

Passage: Psalm 84 (esp. v5-7 but all relevant!)

Blurb: There is some mystery about this valley as described in Psalm 84. Depending on the translation it is either characterised by tears and weeping or drought and dryness. It was a Psalm written for the annual journey to Jerusalem and this valley represented some sort of challenge en-route. We will see how phases of our own journeys can be both challenging but also an opportunity to be made a place of springs: a place of hope and refreshment. [Blog](#)

6. The Valley of Dry Bones (Renewal)

Passage: Ezekiel 37:1-14

Blurb: As we draw together our thoughts from the week Ezekiel's prophecy (Ezekiel 37:1-14) is a massive wake-up call for a nation in exile. Despite having messed up and been removed from the Promised Land the vision points to a brighter future – a future not of dead and lifeless bones but new life and renewal. We will see how these verses point us to the ministry of the Spirit in us and through us. [Blog](#)

