



VALLEYS

Valleys: The Valley of Giants

April 25th & 26th

Speaker: Dr. Mark Batterson

Scripture: 1 Samuel 17

Series Overview

We love mountaintops, but the valleys are where faith is forged, vision is revealed, and breakthroughs happen. It's in the valleys of life that His presence is made real and His power is made perfect. During this series, we'll navigate the valley of giants, the valley of shadows, the valley of decision, the valley of heartbreak, and the valley of vision. It's in the valley that we discover who we are, and more importantly, who God is.

Series Discussion Questions

How have some of the valleys you've experienced shaped who you are today?

How have they shaped your understanding of God?

Message Overview

If you want to repeat history, keep doing it the way it's always been done. If you want to change history, dare to be different. What you perceive to be your biggest disadvantage may prove to be your greatest advantage. In Christ, you are nobody's underdog! Your brave is someone else's breakthrough.

In addition to Pastor Mark's message, Dr. Kerley Most, psychotherapist and Capitol Hill NCC'er, helps us to navigate valleys of crisis with the help of her professional counseling background. [Check out this week's video](#) for how you can protect your mind, body, and spirit from the giant of toxic stress. Pass this video along to your group members, or watch it together when you meet.

Message-Specific Discussion Questions

Did you play any sports growing up? If so, which ones? Were you more of a David or a Goliath?

"A giant is any situation – emotional, relational, physical, financial, spiritual – that overshadows us with uncertainty or insecurity." In her [video](#), Dr. Most shares that the valley of giants could also be called the valley of stress. Take a few moments on your own to write down a few giants you are facing now.

"Goliath's strength was his weakness. David's weakness was his strength." What weaknesses do you possess? Have you seen them as a strength? How do you think God can use your weaknesses? What do 1 Corinthians 1:25 and 2 Corinthians 12:9 have to say to us about weakness?

Has there ever been a time when your biggest disadvantage turned out to be your greatest advantage? "It takes a Goliath to discover a David." Review the giants you outlined earlier. How might each one lead to the discovery of a David?

Is there something you've been hearing from the enemy, doubters, haters, or naysayers? What might the still small voice of the Holy Spirit be trying to say to you instead?

Conclude in prayer. Revisit the giants and weaknesses that were identified. Pray through each one, claiming the promises of God found in 1 Samuel 17:46-47 and 2 Corinthians 6:2.

Practical Application

- In this [video](#), Dr. Most outlines how to protect our mind, body, and spirit from ongoing, toxic stress:

Mind: Reclaim your identity: Make an inventory of at least three major events in your life and how God supported and sustained you. Be intentional about memorizing 1-2 bible verses and re-visit them in your mind throughout the day.

Body: Do 20-minute increments of vigorous exercise throughout your week. While exercising, think of your stressors and process them out of your body.

Spirit: Create time and space throughout your week to soak in God's word and presence. Do this by slowing down, meditating on specific portions of Scripture, and taking deep breaths as you do.

- ❑ What worship songs have been on repeat for you in this season? Consider curating a playlist with your small group, family, or friends to share during this season. [Here's NCC Worship's Weekly Devotion playlist.](#)
- ❑ Start a daily reading plan. Consider using a plan from [YouVersion](#) and select the "With Friends" option to invite others to read together and discuss what God is teaching you along the way.
- ❑ David ran to the battle. Spend some time reflecting on battles you have been through. Ask yourself and the Lord: Did I run to the battle or from the battle? Take a prayer walk with the Lord. Put your battle in front of the Lord and walk through it with Him in prayer.
- ❑ Consider joining Pastor Mark and the church for a 40-Day Prayer Challenge by kneeling and praying at 7:14am each morning. Sign up at ncc.re/pray.