



# FAITH > FEAR

## THROUGH THIS VALLEY

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## KEY SCRIPTURES //

- + Psalm 23
- + 1 Kings 20:23-28
- + John 16:33
- + Isaiah 43:2-3
- + Romans 5:3
- + Hosea 2:15

## MESSAGE OUTLINE //

Valleys are a natural part of life in this fallen world. We can't avoid them, but we can make the decision to:

**CHOOSE FAITH OVER FEAR.**  
[Psalms 23:4](#)

Choosing faith means that I have to remember:

**I AM NOT ALONE - GOD IS WITH ME.**  
[John 8:12](#)

*Some people feed their fears, and some people feed their faith. Let's be a people who feed our faith.*

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## LET'S START

- + What are some words that you would use to describe a "mountaintop"?
- + What comes to your mind when you hear the word "valley"?

## LET'S TALK

- + Read [Psalm 23:4](#) and [1 Kings 20:23-28](#) aloud to the group.
- + How do these scriptures change your thinking about mountains and valleys?
- + How did the "valley" grow the faith of God's people in [1 Kings](#)?
- + What does it look like to have faith when fear is often our first response?

## LET'S ACT

- + In what ways do you feed your own faith?
- + Do you tend to lean in or pull away when a valley is in view?
- + What can you do to make this season a season marked by faith?
- + How can you be intentional with people who are in a valley during this season when there is so much fear present? (Ex: send an encouraging text or card.)

*Optional Activity: [Romans 10:17](#) states, "faith comes by hearing, and hearing by the word of God." One way to choose faith over fear is by using scripture. Find a verse in the Bible that speaks to you. Write that verse on a sticky note, and place it somewhere you will see it regularly. Commit to memorizing and proclaiming that verse over your week.*

## LET'S PRAY

God,

We just want to thank you, first of all, for your faithfulness. Lord, whether we are facing a mountaintop or a valley, you are faithful and we know YOU ARE IN CONTROL. Lord, we lean in to what you have for each of us in this season, and by faith we believe that you will take care of us as your children. Help us, as your people, to share encouragement and peace to a world that is desperate for it.

In Jesus name, Amen.