



VALLEYS

Valleys: The Valley of Crisis

April 18th & 19th

Speaker: Dr. Mark Batterson

Scripture: 2 Chronicles 20:1-34

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

The valley of crisis is where we discover who we are, and more importantly, who God is. It's the place where faith is forged, vision is birthed, and character is cultivated. How do you get to the other side? You pray your way through and worship your way out.

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 video](#) for three tactics on how to integrate the mind, one of the keys to mental and emotional health.

Pass this video along to your group members, or watch it together when you meet.

Message-Specific Discussion Questions

Using the "Share Screen" or "Present Now" functionality in your video chat software, open your time together with some geography questions from [Trivial Pursuit](#). Pull out cards from the real game if you have it!

Think back to some of the places you've been able to visit. Which ones stand out as the most striking geographically? Share a favorite memory.

Read (or take turns reading) 2 Chronicles 20:1-34.

In what ways are you currently experiencing this season as a valley of crisis? What were some of your initial reactions on how to handle it? How have those tactics changed as the pandemic has gone on?

Pastor Mark encouraged going back to the basics when we're in a valley: praying your way through and worshipping your way out. How has prayer and worship been a part of your daily rhythm and routine? What are some ideas for incorporating prayer and worship in the days and weeks ahead?

What does it mean to pray through? What valley are you facing now that you need to pray and worship through?

Spend time in worship. Praise God by declaring His names, pull up a favorite worship song (with lyrics) on YouTube and sing along, and thank God for His blessings.

"You can't let fear dictate your decisions. Faith is the process of unlearning fear." In the valley you're currently facing, what might it look like to lean more on faith than fear?

Practical Application

- Turn a name of God into a tangible reminder of who He is. Place a post-it note on your mirror, set an object out somewhere, or set an alarm on your phone.
- Tune in to [Pastor Mark's Instagram Live](#) on Sunday, April 19 at 7pm for more on 2 Chronicles 20.
- Join us on Friday, April 24 at 7:14pm to worship together as we stream NCC Worship's Live Album Recording of *The Jesus Way* at live.national.cc.
- 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.