



VALLEYS

Valleys: The Valley of Heartbreak

May 16th & 17th

Speaker: Dr. Mark Batterson

Scripture: Hosea 2:14-15

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

God is in the business of healing broken hearts. Heartbreak is incredibly painful, but it has a pruning effect in our lives. It unseats the idols in our lives, and helps us empathize with others. There is no hurt that God cannot heal, in time or eternity. In fact, He can turn the Valley of Heartbreak into the Door of Hope.

In addition to this week's message, Dr. Kerley Most, psychotherapist and Capitol Hill NCC'er, helps us to navigate valleys with the help of her professional counseling background. [Check out this week's video](#) on how to understand the valley of heartbreak as it relates to racial division and ways to transform this valley into a door of hope.

Message-Specific Discussion Questions

Have you ever been stuck in a moment? Spiritually, emotionally, or relationally?

Read Hosea 2:14-15 in a few different translations, including the Message.

What in one of your greatest assets? Consider taking time to call out what you see in one another. How might your greatest asset be used for God's purposes?

The Valley of Achor in Hosea points to the story in Joshua 7 of Achan, an Israelite who stole idols of other gods after the the fall of Jericho. Read Joshua 7. How does the history of this valley shed light on God's promise in Hosea 2:14-15?

If you want to get out of the Valley of Heartbreak, you've got to own your past so it doesn't own you. Think through a previous season of heartbreak. How did you overcome that season? What did it look like to own your past?

An idol is anything you trust, value, or desire more than God. Is there an idol that you put on the altar this weekend? Is there an idol you still need to put on the altar? What would it look like to enthrone Jesus Christ instead?

Is there a situation in your life in which you need to listen? Lament? Leverage?

Watch and discuss this week's video from Dr. Kerley Most. What step of transformation might you take this week?

Share [communion](#) with your group. Allow Pastor Marion to lead your group through communion via video by accessing this weekend's full service at [national.cc](#).

Pray for the Church to become a house of prayer, healing, and reconciliation.

God says He will make the Valley of Achor a door of hope. Spend time in prayer, and ask the Lord for one or two names of people in your life who could use a dose of hope this week. Ask Him to show you how you can be a broker of hope to those people.

Practical Application

- Read "Emotionally Healthy Spirituality" by Peter Scazzaro.
- Have a 10-minute conversation this week with someone who doesn't look like you, talk like you, or believe like you. Try to listen for nine minutes and talk for one.
- Visit [ncc.re/now](#) and take a next step in response to the Ahmaud Arbery tragedy.
- Watch [Dr. Most's video](#). Work through one of the recommended resources listed and linked to in the video description.