

Going Deeper Questions

1. Where do you currently find yourself—on the mountaintop, in the valley, or somewhere in between?

How has your view of God changed in this season?

2. Why do you think it's often easier to enjoy God on the mountain but know Him more deeply in the valley?

What has the valley taught you about who God really is?

3. Psalm 84 describes people “passing through” the Valley of Baca.

Are there areas of your life where you may have settled in a season God intended you to walk through?

4. When life feels heavy, where do you tend to look for strength first—yourself, others, or God?

What would it look like to actively place your strength in Him this week?

5. The sermon reminds us that we can't always change our location, but we can change our mindset.

What thoughts or beliefs might God be inviting you to surrender and replace with trust?

6. What does “digging a well” look like for you right now?

Are there spiritual practices you've neglected that might be creating dryness in your relationship with God?

Challenges for the Week

1. Dig the Well Challenge

Choose one intentional spiritual practice this week—prayer, worship, Scripture reading, or silence—and commit to it daily, even when you don't feel like it. Make room for God to fill what feels dry.

2. Don't Walk Alone Challenge

Reach out to one trusted person this week and share honestly about the valley you may be walking through. Let someone walk with you instead of carrying it alone.

3. Passing Through Perspective

Each day, remind yourself out loud: “This is not my final destination.”

Write down one way God has been faithful to you in past valleys and thank Him for walking with you now.