



PEAKS & VALLEYS



"You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness." - Psalm 30:11

Life is filled with ups and downs, but God turns our valley experiences into victories. This week, let's focus on a victory mindset and take a look at Prophet Elijah!

THE HIGHS AND LOWS OF LIFE: TRUSTING GOD IN EVERY SEASON

Peaks – represent high, victory, joy, clarity, strength and answered prayer.

Valleys – represent our low points. Valleys also are often the places where God restores and redirects us.

When experiencing seasons of loss, waiting, fear, or grief, valleys often prepare us for greater faith.

Prophet Elijah escapes to a tree and into a Cave (Read 1 Kings 18-19)

Elijah had just called down fire from heaven on Mount Carmel against 450 prophets of Baal. God showed His power, and the people declared, "The Lord, He is God!" (1 Kings 18:39).

- After the miracle, Elijah became discouraged and ran into the wilderness to hide after Queen Jezebel threatened to kill him.
- He sat under a broom tree and prayed to die and fell asleep. "It is enough! Now, Lord, take my life. I am no better than my ancestors" 1 Kings 19:4-5
- He felt he was alone. God gently met him in a small voice during his vulnerable moment with grace and love. 1 Kings 19:9-13
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Even after big "peaks," we can find ourselves in a "valley" of fear or fatigue.



- Elijah fell asleep, and an angel woke him up with food and water.
- The angel said, "Arise and eat, for the journey is too much for you."
- Elijah eats, rests, and gains strength to travel 40 days to Mount Horeb (Sinai).

The emotional and spiritual valley that the prophet Elijah experienced, after a major victory, shows that even God's strongest servants can feel fear, burnout, and discouragement.

**TAKE A MOMENT TO THINK OF
HOW YOU CAN RELATE TO PROPHET
ELIJAH AND HOW GOD HAS
SHOWED UP FOR YOU?**

