

4. Find and briefly explain at least five Bible references that indicate Christians should *encourage one another*.

5. Using PHILIPPIANS 2:1–4, list several specific attitudes and actions that apply to *encouragement*.

PERSONAL APPLICATION

1. What *mountaintop spiritual experience* in your life is most memorable?
2. What *valley experience* is most challenging for you right now?
3. Make a plan to be an encouragement to a fellow pilgrim this week.

If you have never been *born again*, contact Pastor Keith or a trusted Christian friend this week to find out how.



July 16, 2023



Stir Up

- I. The _____ of the _____.
 - A. _____ met _____
on the _____! EXODUS 19:20
 - B. _____ saw _____
on the mountaintop! MATTHEW 17:1–4
 - C. _____ experiences _____ us
with _____! MATTHEW 17:4; 1 CHRONICLES 29:11–13
- II. The _____ of the _____.
 - A. The valley can be _____. 1 KINGS 18:20-19:4
 - B. The _____ can be _____.
PROVERBS 13:20; 1 CORINTHIANS 15:33
 - C. The valley can be _____. PSALM 23:4
 - D. The valley can be _____.
GALATIANS 6:9; MATTHEW 11:28–29
 - E. The valley can be _____. 2 CORINTHIANS 7:5
 - F. The valley can be _____. HEBREWS 12:3–6; PSALM 13:1

III. The _____ of _____.

A. All Christians _____.

GALATIANS 6:9-10; HEBREWS 10:19-25

B. All Christians _____.

C. Every Christian needs to be _____

in _____!

Conclusion: _____ ways _____ fellow Christians

live _____ Christian lives!

STUDY & DISCUSSION QUESTIONS

1. Explain how HEBREWS 10:24-25 applies more readily to *life's valleys* than to *life's mountaintops*.

2. Pastor Keith suggested six possible characteristics of *life in the valley* (uncertainty, boredom, darkness, wearisomeness, fearfulness, & painfulness). Can you come up with others? Give examples from the Bible, if possible.

3. Read 1 KINGS 18:16-40; 19:1-8, and answer these questions:

a. What verses show how confident Elijah was “on the mountaintop”?

b. What verses show how uncertain Elijah was “in the valley”?

c. Note some factors from this passage that may have contributed to Elijah’s discouragement.

d. What lesson(s) can Christians learn from this passage?