

in the valley

Read [Isaiah 53:4-5](#).

Reflect on that truth that it is by His wounds that we are healed. In prayer, surrender burdens you are carrying to the Lord. Pray for His wisdom and intervention in your life.

Spend time evaluating your current season. Is there support from loved ones that you can humbly accept in ways that are meaningful and assist you in surrendering to the Lord? Can you offer support to others in your life who may be in the valley?

If you are currently "on the mountain top," give thanks in prayer and identify intentional ways that you can seek the Lord on a daily basis to strengthen your foundation in Him.

If you are in a season of suffering, commit to engage with 1 practice (daily devotion, prayer, time in the Word, etc.) to ground yourself in His foundation.

If you are currently struggling, reach out to others for needed support (including time with mentors, counseling, or pastoral care). If you need assistance, please contact church staff.

**Get Ready for Next Week:
New Series: SO LOVED**