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 **Week 3**

**The Dark Valley**

**INTRODUCTION**

Jesus told us that we will have trouble in life; one of the lies that we tend to believe when bad things are happening is that we are all alone, that we have to deal with our situation without any help. Talk about a time in your life where you felt alone; how did you stop feeling that way?

**DISCUSSION QUESTIONS**

1. The truth is God is always with us. Read Psalm 139:7-12. What does this passage say to us about God’s presence in our lives when we’re feeling depressed?
2. Job experienced incredible loss and devastation in his life yet continued to believe in God’s goodness. Talk about a time in your life where you felt a loss; what helped you heal?
3. Peter repeatedly failed as a disciple of Jesus. He found forgiveness through confession and repentance. Are there things in your life that you don’t live like you’re forgiven from? Talk about why it’s hard to let go.
4. When Jesus went to the cross, he was abandoned by those who loved him most. Why do you think the feeling of abandonment is so devastating? What are some ways you’ve experienced abandonment? How did you get through it?

**STEPPING FORWARD**

Jesus says that he is always with us. This week google “scripture about loneliness” and take a look at some Bible verses where God promises to be with us.

*And surely I am with you always, to the very end of the age.*

**Matthew 28:20**