



Things to Talk About and Reflect Upon

“From Mountains to Valleys”

Points from Sunday’s Message

1. Mountain tops are always followed by valleys.
2. Our limitations glorify God’s limitless power and grace.
3. Jesus is the ultimate answer to every question and the solution for every problem.
4. Jesus does not rebuke little faith; He helps us overcome unbelief.
5. Gospel effectiveness requires a divine endowment, a heavenly dependence, and a spiritual discipline.

Key Verse:

“And as he was still coming, the demon threw him down and convulsed him. Then Jesus rebuked the unclean spirit, healed the child, and gave him back to his father.”

— Luke 9:42

Discussion Questions:

1. From the Mountaintop to the Valley

Questions: Pastor Miles emphasized that “mountaintops are always followed by valleys.” Have you experienced a “mountaintop” spiritual moment (camp, retreat, answered prayer, spiritual breakthrough) followed by a difficult “valley”? What did that experience teach you about following Jesus in everyday life?

Further Reading: 1 Kings 18–19 (Elijah’s victory followed by discouragement), Psalm 23:4

2. Limit Situations and Dependence on God

Questions: The father in the story reached what Pastor Miles called a “**limit situation**”—the place where our ability, resources, and control run out. Why do

you think God sometimes allows us to reach the end of our own ability before intervening? How have you seen God work when you reached a point where you could not fix the situation yourself?

Further Reading: 2 Corinthians 12:9–10, Psalm 121:1–2

3. The Disciples' Failure

Questions: Even though the disciples had been given power and authority, they **could not cast out the demon** in this situation. What might this story teach us about relying on past spiritual experiences versus maintaining a present, active dependence on God?

Further Reading: John 15:4–5, James 4:8

4. “Lord, I Believe—Help My Unbelief”

Questions: The father’s prayer is honest and vulnerable: “**I believe; help my unbelief.**” Why is it encouraging that Jesus did not rebuke the man for weak faith but helped him overcome his unbelief? What does this reveal about the character of Jesus?

Further Reading: Hebrews 4:15–16, Mark 9:24

5. The Essential Ingredient

Questions: Pastor Miles noted that church, community, and spiritual leaders are important—but what we ultimately need is Christ Himself. What are some ways we might accidentally rely on church activity, programs, or other people instead of relying on Christ personally? How can we cultivate a deeper daily dependence on Him?

Further Reading: Colossians 2:9–10, John 15:5

6. Power, Dependence, and Discipline

Question: Jesus later explains that **prayer and fasting** were necessary in situations like this, showing that gospel effectiveness requires **divine power, dependence on God, and spiritual discipline**. What role do spiritual disciplines (prayer, fasting, Scripture, worship) play in preparing us for the “valleys” of life and ministry? Which of these disciplines do you most need to grow in right now?

Further Reading: Matthew 6:16–18, 1 Timothy 4:7–8

Use these blended questions for deeper personal reflection, prayer, or small group discussion.