



Come Matter Here: In The Valley | July 29, 2020

Discussion Guide

The Scoop

In our quest for meaning in life, we often want to get to the result without having to do any of the work to get there.

Key Verses

Psalm 104:10-14

You make springs gush forth in the valleys; they flow between the hills; they give drink to every beast of the field; the wild donkeys quench their thirst. Beside them the birds of the heavens dwell; they sing among the branches. From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth.

Discussion

We often look for the most expedient way to receive or achieve meaningful things. The issue is unlike Amazon and GrubHub, real meaning cannot be bought and delivered to our doorstep. Meaning comes from experience and often overcoming. Although we might want things to be easy, instant gratification does not lead to meaning.

1. Have you ever purchased something that you really wanted, only to lose interest in the object and desire something else quickly after?
2. Have you ever struggled to build or achieve something, but in the end overcame? How does that feel differently than getting something without a struggle?

In Hannah Brencher's book "Come Matter Here," Hannah tells a story of how she was frustrated in a difficult spot in her life, which she refers to as a "valley." She explains that she didn't want to be in a valley. She wanted answers, awards, achievements...she wanted all peaks and no valleys. She described her attitude like a Girl Scout that had been given an empty sash and wanted all of her badges without doing any of the work. She eventually concluded that a meaningful life includes not only wanting (and even getting) something, but it also includes a gap between desire and achievement...the valley.

3. If you thought of your life and achievements as a girl scout sash, what badges would you say you have earned and achieved?
4. Can you also think of significant times in valleys or gaps between achievements? How would you describe them in the middle of the valley and after having been through it?

Sometimes we get confused on where meaning comes from. We assume meaning comes from the achievement: the badge itself, but meaning actually comes from the process of achieving...the process of moving in and through the valley. The author of Psalm 104 describes God's creation in a way that incorporates the idea of life's peaks and valleys. The psalm describes the valley as a place full of value and meaning, "you make springs gush forth in the valleys." The Psalmist describes the valleys as a place where things grow and are cultivated.

5. How would your valleys be different if you saw them as a place to grow and cultivate? What would it take for you to shift your perspective?
6. What valley or gap are you experiencing right now? How can you invite God into that space?

What's Next?

Most of us don't wish for valleys. We don't like them and we don't want more of them. "Come Matter Here" challenges us to learn to embrace the valleys and learn to walk in and through them as a place to grow and cultivate deep meaning. This week in your faith journey, explore your valleys as a sacred place to grow. Invite God into these difficult spaces without the need to fix, solve, or achieve...Be in present in the valley.

You can find a template of our 5-minute faith journal at faithinfive.com to further engage your goals and connect them with your faith.