

TAUREN WELLS

Artist:

TAUREN WELLS
TAURENWELLSOFFICIAL.COM

Album Title & Record Company:

HILLS AND VALLEYS
REUNION

Video Title:

HILLS AND VALLEYS

Study By:

TODD PEARAGE
NEW HANOVER UMC
GILBERTSVILLE, PENNSYLVANIA
TODDP@NEWHANOVERUMC.ORG



Theme

Difficulties; Hope Within

Objective

Your group will discuss how Christ followers should live through the “hills and valleys” of life.

Warm Up

Play a round or two of a word association game. Invite a student to join you on stage and ask them to say the first thing that comes to mind after you say a word. Possible words: *summer, sports, water, bed, vacation, TV, phone, ocean, hill*

Transition

Say something like, “That was fun. And there were definitely some random answers! One of the words we used was ‘hill’ – and I can’t help but think about ‘valley’ when I hear the word ‘hill.’ I think about ‘low’ when I hear the word ‘high.’ Highs and Lows, Hills and Valleys – it’s like it is the rhythm of life. Each of us has highs and lows – we all walk through the hills and valleys of life. The question is, ‘How do we walk in the highs, and how do we walk in the lows?’”

The Video

Play the video of the new song from Tauren Wells called “Hills and Valleys” for your group.

Transition

Say something like, “So, just to give us some perspective, let’s play ‘High Low.’ We will take turns going around and sharing your worst part of the day and then we will share the best part of our day. I’ll go first.” After your students have shared, ask, “What is something we learned doing that?” (We all have highs and lows.)

Bible Study

Say, “Now, let’s look at a guy who really had a bad day.” Read **Job 1**. Discuss:

- What are some things we know about Job?
- What did the first messenger tell him?
- What was the second message?
- And finally, what was the third message Job heard that day?
- How did he respond?
- How would you have responded?
- What can we learn from Job’s experience?
- Based on Job’s example, how can we worship God when we are on the hills and life is going great?
- How can we worship God when we are in the valleys and life is difficult?

Wrap Up

Say something like, “Let’s think of all the great blessings God has given us. In fact, let’s list some of the ways we are blessed.” Have the students list the blessings they are experiencing or have experienced.

Say, “And then, let’s list the ‘valleys’ we are facing.” This may be more difficult. So be patient and ready to talk to students about some of the hurts and low points in their life.

When the students are finished, pray over both lists.