



Jonny Sharp — May 3rd, 2026

If you would like to watch the weekend message, visit www.frontrange.org/messages

This is only a guide. Feel free to discuss each of the questions provided or simply dive deeper into just one.

Scriptures: Psalm 23:4, John 16:33

Three Essential Questions

These are intended to be open-ended and encourage members to consider how they felt and what they, or the group, can do as a result of hearing the message.

1. What did you hear? What point in this message was most impactful for you?
2. What do you think? How did this message challenge, change, or affirm your thinking?
3. What will you do? How will you or your group put into practice what you've learned today?

Message Points/Extra Questions

1. Have you ever had a “mountaintop” experience—spiritually or personally—that you wished could last forever? What made it so meaningful?
2. Jonny said that valleys are where “certainty collapses, control evaporates, and fear feels overwhelming.” When have you experienced one of those three things most acutely?
3. Jesus promises that “in this world you will have trouble.” How does honestly accepting that truth—rather than fighting it—change the way you respond when a valley arrives?
4. Jonny mentioned that valleys expose “where we grasp for control, what we actually trust more than God, and what we believe about God when life contradicts our expectations.” What has a difficult season revealed about your own faith or trust?
5. Jonny described how valleys grow our intimacy with God in ways that mountaintop moments cannot. Have you experienced that—a deeper sense of closeness with God that came specifically through a painful season? What did that look like?
6. Looking back at a valley you've made it through: what did God do in you or through you during that time that you couldn't see while you were in it?
7. Is there someone in your group or in your life who is walking through a valley right now? How can this group show up for them this week?