



The Paradox of Peaks and Valleys

“May there be abundant grain throughout the land, flourishing even on the hilltops.”

King Solomon | Psalm 72:16 (NLT)

As a Boy Scout, I traveled from the Midwest to a camp in New Mexico—a trip of a lifetime! Back home, rolling green hills covered with trees were the norm. Out west, everything was different—huge mountains rising above 10,000 feet. We had the privilege of climbing a few, including Mt Baldy, a fitting name. Nothing grew on top. In fact, none of these peaks supported much life—they were all “bald.”

The valleys, however, were full of trees and shrubs, surprisingly lush despite the dry climate. Makes sense—higher elevations bring weather extremes, thin soil, and little water retention, while valleys collect water and nutrients. Life thrives there.

It turns out this pattern mirrors our relationship with God.

After climbing to a spiritual peak, grateful for the experience, we find ourselves in poor growing conditions. Peaks lead us to drift from God

who brought us there. Assuming credit, we become comfortable, self-reliant, and less dependent on him. Little fruit grows. Valleys, on the other hand—those difficult, stretching seasons—are rich and fertile. In the valley we need God! In the valley our lives produce the most fruit.

Here's the paradox:

Though peaks are infertile and valleys produce much fruit, we long for peaks and dread valleys.

Reflect: Am I on a peak or in a valley right now?

I've lived this cycle many times. After emerging from a fertile valley, I climb a new spiritual peak. Once I arrive, I relax. It feels good—peaceful, satisfying. But slowly, almost imperceptibly, I grow comfortable. Prayer is no longer fervent. Dependence weakens. My testimony grows stale, to the point that I don't even think to share it. The fruit dwindles.

Then God nudges me. A quiet realization surfaces: *You've become complacent.* My stomach tightens. I dread this moment because I know what comes next. Change. Difficulty. Letting go. I know it's good—for me, for my relationship with God, for his Kingdom—but it will be hard and uncomfortable. Perhaps you're sitting in this exact place right now. I understand your dread.

"The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life." Jesus Christ (John 10:10)

This is where our enemy goes on the offensive. He whispers lies to keep us camped on barren peaks. He twists truth, casting fear to stop the expansion of God's Kingdom. God, meanwhile, calls us into the

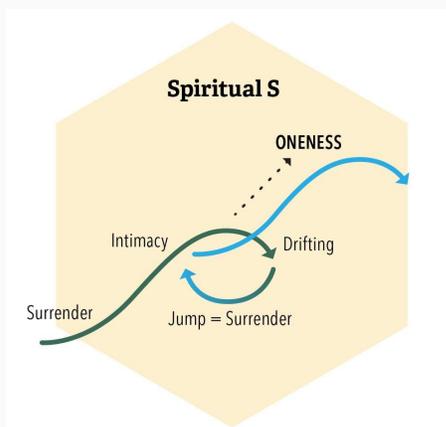
valley—not to punish, but to draw us close. He longs for Intimacy with us. Since the fall of man, he’s been restoring this relationship, inviting us to depend on him and trust his promises. Valleys are his proving grounds.

*Consider: **My great weakness: projecting the future without God in it.***

Caught between fear and faith, we waver like a ship tossed by waves. The enemy exploits our great weakness: projecting the future without God in it. *What if I fail? What if I run out of money? What if people think I’m foolish?* These lies directly contradict God’s promises, yet unbelief makes us vulnerable.

“If you need wisdom, ask our generous God... But when you ask him, be sure that your faith is in God alone. Do not waver.” (James 1:5–8)

God calls: *Come to me. Ask me. Trust me.*



When we reach a peak and fruitfulness fades, God invites us to surrender an unbelief, and embrace a promise. In my book [Unlock Your Life](#), I describe this moment as making a **Jump on your Spiritual S Curve**. God challenges us to give up a false belief—one fear has distorted—and replace it with his truth. He makes it clear when we draw close: *Trust me with this.*

Make no mistake—the word Jump means jump! It doesn't necessarily mean quitting your job tomorrow or making a dramatic overnight change. At first, it's simply a change in belief. Hard, yes—but not costly by worldly standards. Yet once you begin to truly live in the truth of God's promise, your life is moved to change. It's then that your new belief will be tested, often by more costly obedience. This time, though, by faith, hang onto the promise and project the future with God in it. Scary!

The result is a fertile valley—full of fruit and deeper Intimacy with him.

*Imagine: **My fruitful life—I'm cycling through peaks and valleys.***

When Jesus rules, even peaks flourish. He calls us to upend the paradox: to reach fertile new peaks by longing for valleys. Rise from valleys up the slope, your contagious testimony producing a harvest along the way—then trust him afresh to Jump away from barrenness into his next promise.

*"May the king's rule be refreshing like spring rain on freshly cut grass."
King Solomon (Psalm 72:6–7)*

The godly flourish throughout this cycle, never resting long on the peaks, courageously engaging the valleys—a cycle of refreshment and fruitfulness.

Are you resting on a peak, wondering what to do next? Is God calling you to confront an unbelief? Could it be time to make a bold Jump on your Spiritual S Curve—for you to upend the...

Paradox of Peaks and Valleys?

Go off the grid and ask these questions:

Coach's Questions

- **Reflect:** "Where am I in this cycle? Have I grown comfortable?"
- **Ask:** "What unbelief is the Lord nudging me to confront?"
- **Act:** Identify the Promise that counters my unbelief. Start walking in it as if it's absolutely true.
- Don't know my Mission? [Start here!](#)

Spirit Talk

Post this where you will see it regularly.

My Valleys Become Refreshing Springs.

"What joy for those whose strength comes from the Lord, who have set their minds on a pilgrimage to Jerusalem. When they walk through the Valley of Weeping, it will become a place of refreshing springs."

Psalm 84:5-6 (NLT)



Don't know your Mission?

Our "**Mobilize Your Mission Self-Guided Workshop**" will guide you to it.



This focused workshop progresses down a proven path where you'll receive your Mission (the work God has you here to do) and the passion filled story that powers it. Along the way, discover the four life transforming Foundations of Mission and find yourself challenged to enter the Adventure of Your Life.

1. **Create deeper intimacy with God**—His greatest desire for you
2. **Find the power of your life's Mission**—inspired work, aligned life, direction
3. **Tap into the passion of your life's story**—why you are perfect for your Mission
4. **Create a plan to Mobilize Your Mission**—this will change your life!

[Start MYM Workshop for Free!](#)

Ready for a deeper dive?

Engage the Advisor Guided, **Reach New Peaks Workshop**. It will change your life. Guaranteed. Schedule a free consultation on how to start the process:

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“If one is seeking direction in life and looking forward to new adventures, **this workshop is the perfect trail map** to get you to your destination!”

~ DAN B.
Life Mission: Shaping radical existence in the everyday



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