

# Hind's Feet on High Places

## Book by Hannah Hurnard

### Bible Study Guide by Debbie

I read this book about 9 years into my own Journey. For anyone who is going through or entering into a Wilderness Journey Process, this book is such a blessing.

I loved the book so much I decided to write a Bible Study Guide for it. I had longed to share what I had learned in “Deprogramming and Reprogramming our Hearts, Minds, and Souls,” with folks so they could know what I had learned and thereby not have to go to the depths that I went to, to understand.

I came to the conclusion that before I would teach about my journey—”Deprog and Reprog,” that it would be better to teach about the journey of the character of Much Afraid in Hannah Hurnard’s book, an allegory. When I think she wrote the book in three weeks—I am just in awe. But it is a wonderful book that has great insight about folks’ personalities and difficulties they present for some, but more than that, the purpose of the wilderness journey. It’s light and fun.

Therefore, I decided to include the Bible Study Guide at [www.jubilie.com](http://www.jubilie.com) just in case folks want to get the most out of the book and learn more about the wilderness journey process. With all the difficulties coming, I really feel it is going to be the “relationships” that is going to prove very difficult. We live our lives as an independent people and will be forced to work together. The more insight we have, the better.

She wrote a sequel, entitled, “Mountains of Spices,” which tells the successes of all the characters. Great book. as well. Both books great reading.

## Hinds' Feet on High Places Bible Study

### Chapter 1 Invitation to the High Places ("where perfect love casteth out fear.")

\_\_\_\_\_ is our main Character. She lives in the Valley of \_\_\_\_\_, with her fellow workers \_\_\_\_\_ and \_\_\_\_\_ in the village of \_\_\_\_\_.

Describe Much Afraid: \_\_\_\_\_  
\_\_\_\_\_.

What was her most passionate yearning? \_\_\_\_\_  
\_\_\_\_\_.

And Above All: \_\_\_\_\_

Who is Much Afraid's employer and her feelings about him? \_\_\_\_\_  
\_\_\_\_\_.

There are several characters introduced in the first chapter. Much Afraid was a member of the \_\_\_\_\_ family. As an orphan, she lived with her Aunt poor \_\_\_\_\_ with her two cousins \_\_\_\_\_, and their brother Craven Fear, a bully who "habitually tormented and persecuted her,"

How do Much Afraid's relatives feel about the Chief Shepherd.? \_\_\_\_\_

Much Afraid knew she could never escape her relatives as long as she lived in the valley, and her family had determined that she would marry Craven Fear. Trembling in fear and tears rushing down her face Much Afraid comes to a pool where the Shepherd is waiting for her.

"Don't be Afraid," replies the Shepherd. And then she asks the Shepherd a special request and he responds, "I have waited a long time to hear you make that suggestion." (Much Afraid was a worker of the Chief Shepherd yet she had never asked for his help to go to the High Places until now) Why now? \_\_\_\_\_  
\_\_\_\_\_.

And knowing list her difficulties and her limitations \_\_\_\_\_

Read 1 John 4:18

Much Afraid feared there could be no deliverance from her crippling conditions and they would “mar her service” always. Have you ever felt the same about yourself? Explain \_\_\_\_\_

The Shepherd tells Much Afraid that to live on the High Places one must be changed, and asked if she would be willing to go with him, that her name would have to change, and the most important of all, the flower of love must bloom in her heart. Much Afraid is in for a total makeover. What type of love grew in Much Afraid’s heart before? \_\_\_\_\_

\_\_\_\_\_. Much Afraid hesitantly replies but remains willing to the Shepherd’s request. She is starting to find out this journey is not going to be so easy; and “If you would know Love, you must know pain too.” What sacrifice does this remind you of? \_\_\_\_\_.

Once the seed had been planted in her heart, she was ready so the Shepherd told her he would give her two helpers on her journey and she was to accept them how? \_\_\_\_\_.

The Shepherd also promised “Whenever you call for help, I promise to come to you at once.” Reminds me of: Write Hebrews 13:5&6 \_\_\_\_\_

As was agreed, when the time came, Much Afraid must join the Shepherd when he calls for her. But for a time she must go back to her cottage and the Fearing clan. In all her life, Much Afraid had never been able to ignore Fear. (How about you)

Explain: \_\_\_\_\_

Much Afraid felt shame as a result of her encounter with the bully, Craven Fear (You?) \_\_\_\_\_

How would have Much Afraid seen herself if she would have seen through the eyes of the Shepherd? \_\_\_\_\_ How does God see us when we hurt? \_\_\_\_\_

Chapter 2 Fearing Invasion

The next morning, we find Much Afraid filled with singing songs of Joy. The thorn that the Shepherd had planted in her heart gave her great comfort, and especially thoughts of him particularly when she experienced doubt. She was filled with optimism and enthusiasm, and she watched for the Shepherd. But then afternoon came and with it the relatives she so dreaded and feared. Their plan was to kidnap her and force her to marry Craven Fear, while she was **alone** in her cottage and the Shepherd far away with his flocks. They believed that by **emassing power** (by their numbers they could **overpower** her and she would consent to their desires. They even brought along \_\_\_\_\_, a fatherly type to convince her that they had the \_\_\_\_\_ intentions. (**Manipulation Tactic**) And tried to portray Craven Fear as something less objectionable than he really was. She had even become a **hostage** in her own cottage. (I have found other people's plans, for the most part, do not take into account/consideration mine or other's concerns/fears/desires, etc. Before one ever says "Yes," they need to be given the freedom to say, "No," understanding, however, there may be consequences in doing so.) Any comments? \_\_\_\_\_

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Suddenly Much Afraid could hear the Shepherd calling her to go with him. The Fearings went so far as to subdue her as the Shepherd passed. The Fearings had their plan set, waiting to make their move with the **cover of night**. And being the cowards they were, with the appearance of Mrs. Valiant, those Fearings fled. As Much Afraid and Mrs. Valiant chatted, Mrs. Valiant indicated that she didn't know what it was to feel \_\_\_\_\_. How about you? Explain \_\_\_\_\_

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How did Mrs. Valiant feel about Much Afraid's consuming fear? And how did Mrs. Valiant help Much Afraid overcome this episode of fear? \_\_\_\_\_

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## Hinds' Feet on High Places

### Chapter 3 Flight in the Night

We find Much Afraid anxious and filled with doubt, and consumed with feelings of having failed to do what the Shepherd had asked. (Have you ever felt this way?) \_\_\_\_\_

\_\_\_\_\_

Sometimes a fear of one thing, overpowers the fear of another (a motivation to overcome a fear). We see this as Much Afraid is so afraid the Shepherd has left her behind (the pain in her heart) that it has given her courage to go through the streets even though the relatives could be there waiting for her, to the amazement of one or two undershepherds. Have you experienced this before? \_\_\_\_\_

\_\_\_\_\_

Once she remembered what it was like to look into the Shepherd's face (eyes) she no longer is afraid because she sees the love and compassion and she knows she can **Trust** him, and he will never leave her behind. Write Hebrews 13:5 \_\_\_\_\_

\_\_\_\_\_

Have you ever found yourself, when in a difficult situation, focusing on God's love for you and Jesus sacrifice? Write John 3:16 \_\_\_\_\_

\_\_\_\_\_

We find Much Afraid at the end of this Chapter, begging the Shepherd to take her with him and not leave her behind; willing to go anywhere that he asked.

Are we really willing to go anywhere that the Lord asks? Even allowing Him to take us on our own difficult journey? Explain \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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### Chapter 4 Start for the High Places

Chapter 4 opens as we take in the beauty of the valley; partaking in the marvel of the Father's creations and learning a lesson of our own **Humility**, through Much Afraid's first lessons at the skillful hand of the Shepherd. Speaking of the carpet of flowers, the Shepherd states, "They offer themselves so sweetly and \_\_\_\_\_ and \_\_\_\_\_, even if it seems that there is no one to appreciate them. Just as though they sang a joyous little song to themselves, that it is so happy to love, even though one is not loved in return." "... greatest victories are like the wild flowers, those which no one knows about" The Shepherd goes on to teach Much Afraid to learn this lesson now. Why? \_\_\_\_\_

What gives you strength in your difficult times? \_\_\_\_\_

The Water sings a song as it runs lower and lower. Much Afraid is puzzled since she is being called to the High Places. The Shepherd then explains that the High Places is the \_\_\_\_\_ for the journey down to the \_\_\_\_\_ in the world, giving of oneself as one goes. And it is "only on the High Places of Love that anyone can receive the power to pour themselves down." So where does ones journey begin according to this illustration? Is the pain and suffering in our lives truly working for our good? \_\_\_\_\_

Write Romans 8:28 \_\_\_\_\_

We will have to journey with Much Afraid as she reaches for the High Places; following her on her journey much like ourselves as we struggle through our own pain and suffering. Isn't it amazing that Much Afraid sees the Valley of Humiliation much different; she sees beauty,

How did she see the valley before? \_\_\_\_\_

\_\_\_\_\_

Has the valley changed or has Much Afraid? \_\_\_\_\_. The Shepherd explains, “As love grows in you, Much Afraid, you will come to understand many things which you never dreamed of before.” When one’s heart is filled with love, then one can see things clearly; not as the world sees (blind.) The Scripture: “I was blind, and now I see” Read John 9:24&25 comes to mind. We have learned so much and Much Afraid hasn’t even started on her journey yet. Much Afraid has already started to look not only at the Valley, differently, but also the Village of Much Trembling, as she starts to see through the eyes of one with compassion. And the Shepherd points out to her that Trust in Him is beautiful to his eyes. It reminds of the questions? Do I really trust God? As we go further with Much Afraid on her own journey, we will see that Trust is difficult when she faces the difficulties of the journey; sometimes we want to take control ourselves and not wait for God. Write Proverbs 3:5 \_\_\_\_\_

\_\_\_\_\_

I remember as I read this book for the first time, and my astonishment of who the Shepherd chooses as companions for Much Afraid; twin sisters, \_\_\_\_\_.

For those of us who have found ourselves on a long, seemingly never-ending journey, how fitting. What companions have accompanied you? \_\_\_\_\_.

Who did Much Afraid want as companions? \_\_\_\_\_.

Already, we find that Much Afraid is undergoing a test of Trust. “Help me to trust you as much as I long to love you.”

This chapter closes as Much Afraid starts ascending the foothills, limping, with her two new companions, Suffering and Sorrow by her side.

## Chapter 5 Encounter with Pride

Much Afraid, is already finding it very difficult **seeking the help of her companions**. It seems to be painful reaching for them, but they are able to help her overcome places she would have found impossible to overcome. Much Afraid has to confront the first of her enemies. The entire Fearing clan were quite upset by Much Afraid's leaving the Valley of Humiliation.

When she was living in the valley she was not a **threat**, however, they seemed to be **jealous** that she might have a position in the High Places, perhaps given by the King himself. It turns out not only the Fearing clan but the entire valley residents were upset. Therefore, it was concluded that \_\_\_\_\_ was to be sent to confront Much Afraid. Why was he chosen?

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Much Afraid made a mistake upon her seeing Cousin Pride. What was it? \_\_\_\_\_

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Remember, how did the Fearing clan relate to Much Afraid? \_\_\_\_\_

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And would she have responded if it had been Craven Fear? \_\_\_\_\_

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And when the most vulnerable, she let go of her companions which left her open to Cousin

Pride to grab her by the hand. Once he had a hold on her, Pride seemed horribly \_\_\_\_\_

and \_\_\_\_\_, and very hard to throw off. He even goes to the point of asking her if living on

the High places is worth the cost one must pay. The urge growing almost irresistible to give

into Pride, Much Afraid recalls the face of the Shepherd, and then she could recall his promise.

It gave her the courage to call for \_\_\_\_\_, who immediately came

to her side. Once again, the Shepherd shared with Much Afraid if she had held tight to her two

helpers, then this would have never happened. Why didn't she? \_\_\_\_\_

Her 1st Important Lesson \_\_\_\_\_

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Chapter 6 Detour though the Desert

Uh Oh! The Desert is coming. No one wants to go through a Desert Experience, do they?

Describe the Desert Much Afraid Saw \_\_\_\_\_

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How did she feel about going to the Desert after all she was headed for the High Places and even the signs lead her down. I understand Much Afraid, how about you? Have you been headed on the journey up and find you round the bend and you are being lead down, down, down? Explain? \_\_\_\_\_

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The Shepherd, "was leading her away from her heart's desire altogether and gave no promise at all as to when he would bring her back." Much Afraid was quite upset. Have you ever felt the way Much Afraid feels on your own journey? Do you feel a mistake has been made? Or how could this be happening to you? Or where is the Lord? Has he abandoned me? \_\_\_\_\_

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Are you Willing? That's always the response. Looking into those eyes of compassion hanging on the cross, how can I say, No! Much Afraid with tears in her eyes replies, "... I will go down with you into the wilderness, right away from the promise, if you really wish it. Even if you can't tell me why it has to be, I will go with you, for (why?) \_\_\_\_\_

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Surrendering her will on an altar she builds, she comes away with a little stone that she is to take with her, as a memorial. She not only proceeded into the Desert with her two companions but the Shepherd also came, on whom she leaned on because the steepness of the path. Why was it necessary for all the servants of the Shepherd's to detour through the desert?

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The Shepherd explains to Much Afraid “various methods are used for grinding the different varieties of grain, according to their special use and purpose.” He explains “though bread corn is bruised, no one threshes it for ever; only until the bruised and broken grain is ready for its highest use.” He explains that his people may be threshed and ground into the finest powder and may become bread corn for the use of others. Do you feel that you have or are going through this type of process yourself? \_\_\_\_\_

\_\_\_\_\_ Read Isaiah 28:27-29

He then showed her the potter and the wheel. “Behold as the clay is in the hand of the potter so are you in my hand” Read Jeremiah. 18:1-6. Do you feel like the clay or the potter? \_\_\_\_\_

Ooh! Then they went to the furnace. He explained, “My rarest and choicest jewels and my finest gold are those who have been refined in the furnace ....” Read Zechariah 13:8&9 and Isaiah 54: 11&12. Explain the meaning? \_\_\_\_\_

Describe your own Desert Experience \_\_\_\_\_

What did you learn there? \_\_\_\_\_

The Desert was a desolate place for Much Afraid, and for those who have been lead into it on our own journeys it has been a desolate time for us as well. But in this desolation, Much Afraid finds something so beautiful, living under the starkest of conditions, a little golden flower, growing from a hole in a pipe, receiving an occasional drop of water, “Behold me! My name is \_\_\_\_\_ and in the sand beside it, another pebble for her. And for those who journey through their own Deserts, eventually, we also find “Acceptance

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### Chapter 7 On the Shores of Loneliness

After their journey through the Desert, the Shepherd accompanied Much Afraid to the shore of a great sea where he left her to return to the mountains. Much Afraid walks along the shores of the great sea for many days, “and at first it seemed to her that up till then she had never known real \_\_\_\_\_.” Before he left, the Shepherd once again reminded her, “whenever you call for me, I shall come.” Much Afraid had left behind all that was familiar and found herself in an environment like she had never known before. She recalls Egypt; the grinding stones, the furnace, and the potter’s wheel, and knew “that they symbolized an experience which she herself must pass through.” She realized that with that acceptance “a gulf had opened between herself and her past life, even between her past self; a gulf which could never be closed again.” She says to herself, “I was that woman, but am not that woman now.” Have you ever experienced that sort of change in your life? Read 1 Corinthisans 13:11 and Comment \_\_\_\_\_

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The longer Much Afraid walked along the shores of the sea, she went from going “cringingly or complaining” to a “new kind of joy” in which she could notice the beauty that was all around her. Had the environment changed for Much Afraid, or had something changed in her? What?

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Discovering the little cove that seemed so isolated and empty, Much Afraid when visiting it at another time sees it filled to the brim. She delights in its transformation and she cries out, “O my Lord, I thank thee for leading me here.” Why? \_\_\_\_\_

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She made her third altar and picked up another stone and dropped it in her bag as a memory. Even though Much Afraid had left her Fearing relatives behind, they hadn’t forgot about her. Spies were sent out and reported back that she was going in the opposite direction of the

her goal, the High Places. Pride had failed, so it was decided that” \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_ should hurry off at once to assist in bringing  
 Much Afraid back.” At the shores of Loneliness they assaulted her continually, “hurling their  
 darts at her;” insults, mocking her, placing seeds of doubt, and sneers, but she had learned there  
 was safety in clinging to her two traveling companions; also, she had grown much stronger than  
 from the first confrontation with Pride. However, she found it exhausting to be assaulted day  
 after day, and she wandered off alone. And there she saw \_\_\_\_\_  
 approaching her. Much Afraid finds a spot where she can **Resist and then Stand**. Read  
 Ephesians 6:11-18. Realizing she was overpowered, she called for the Shepherd’s help. When  
 she asked why she couldn’t get away from them, the Shepherd replies, “that lately the way  
 seemed a little easier....” Isn’t that the way, when things get easier we tend to let down our  
 guard or worse we quit trusting God and start trusting in our selves. Any Journey Example of  
 your own? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

In this case, Much Afraid had developed an impatience with her Journey which set her up for  
 failure or worse. Why? \_\_\_\_\_  
 \_\_\_\_\_

At the close of this chapter, Much Afraid has yet another pebble as a memory; “the day when  
 for the first time you saw Pride toppled over before you and of your promise that will wait  
 patiently until I give you your heart’s desire.”

I have struggled with this myself. It is a question of, “Do I trust God?” “Do I really, really,  
 really trust God.” I have found it more difficult to trust God to lead me when I am feeling well  
 and have strength, than when I find myself weak and in despair. When I am feeling well, I can  
 even tell myself I am trusting God, but when the difficulties came, I found I was trusting in  
 myself, as I began spiraling immediately back into the pit of despair and hopelessness.

Anything to Share? \_\_\_\_\_

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### Chapter 8 On the Old Sea Wall

“With a thrill of indescribable joy” Much Afraid watches as the path heads East toward the mountains, the High Places, but then the path leads Much Afraid and her companions back into the Desert, the path took another turn at right angles and went straight before her as far as she could see, not toward the mountains at all, toward some “hill country.” How did Much Afraid respond? \_\_\_\_\_

“Hope Deferred Maketh the Heart Sick.” Proverbs 13:12. Any Deferred Hope Experiences?

\_\_\_\_\_ And who rises up in the form of her enemy?

\_\_\_\_\_. Poor Much Afraid is so overwhelmed that she must check in with the Shepherd. He instructs her to “build another altar and lay down your whole will as a burnt offering.” What the Shepherd explains “the further delay is not unto death, but for the Glory of God; that the Son of God be glorified.” Much Afraid has another stone to put in her bag. In the Bible, there is a blind man who Jesus heals of his blindness. Read John 9:1-4 . Jesus explains, “It wasn’t the sin of the mother, nor of the father, but for the Glory of God.” Any Example to share? \_\_\_\_\_

There’s a song, “I surrender all; all my hopes and dreams; let all my kingdoms fall; I surrender all.” Surrendering hurts. Anything to Share? \_\_\_\_\_

Much Afraid has surrendered her will, painfully. “I delight to do thy will, O my God.” Can you feel her sadness; it was only at the beginning of this Chapter she was filled with “indescribable joy.” Back to the journey, the Shepherd escorts her to the ramp that takes her to

Much Afraid starts to sing, loudly, \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Read Psalm 27:6

She picked up a stone as memory of the Shepherd's victory in making her triumph over her enemies. Much Afraid finds the path leads to a wood. Examining her heart, much afraid finds the little flower **Acceptance with Joy** is now growing there. Filled with love and gratitude, she layed her heart, "Acceptance with Joy and all that is my heart is thine" on the altar she built, then collects another stone and drops it in her bag. Around the bend, the Shepherd is waiting for her. What is the message that he has for her? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Read Exodus 6:1

Much Afraid was so happy and excited. She assumed that she would soon be taken to the High Places. He replied, "Yes." Read Proverbs 13:12

Have you longed for something and the Lord has finally said, "Yes"? Explain \_\_\_\_\_

\_\_\_\_\_

How wonderful to watch the Creator of the Universe love His Creation and give them the desires of their hearts, especially after a long journey. Example? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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### Chapter 9 Great Precipice Injury

With **Hope** leaping up into her heart, it didn't seem to matter to Much Afraid that Suffering and Sorrow were still with her. She understood they would only be her companions until she reached the High Places. She didn't seem to mind the strenuousness of the journey because one day, at the top of the highest hills, she could see the mountains; she was looking at the High Places themselves. How did she respond? \_\_\_\_\_

\_\_\_\_\_.

“It seemed to her at the moment that all the pain and postponement, all the sorrows and trials of the long journey she had made, were as nothing compared to the glory which shone before her.” Determine, she found a way to continue on the steep path until she was “stopped dead” at the foot of an impassable precipice. Fear started to overtake her as she surveyed the path ahead, and explained “That the path is utterly impossible .... I could never get up there. I would fall headlong and be broken in pieces on those awful rocks, ” even though her two companions have pointed out the deer will show the way. There she sat sobbing. Have you ever been faced with an impossible situation and felt like Much Afraid? \_\_\_\_\_

\_\_\_\_\_

I call this “Consumed with Fear,” which is a paralyzing type fear, which causes one to be stopped in one's tracks or can leave one a prisoner. We see this in Craven Fear, who starts filling Much Afraid with thoughts of what else but **All Consuming Fear and Feelings of Shame and Humiliation**. With her two friends urging her, Much Afraid gets enough courage together to call for the Shepherd, “O Lord, I am oppressed; undertake for me. My fears have taken hold upon me, and I am ashamed to look up.” Once again, looking into the eyes of love, she sees there is no shame. “My Lord is of a very tender compassion to them that are afraid.” Love Casts out all fear (1 John 4:18) . Thoughts to Share? \_\_\_\_\_

We find that the Shepherd takes great pleasure in Transformation. How do you feel the Lord is transforming you? Explain \_\_\_\_\_

Much Afraid listened as the Shepherd explained that the path ahead was going to be very difficult; even more difficult than than she currently faced. This was Mount Injury. What other mountains were nearby? \_\_\_\_\_ and \_\_\_\_\_, and \_\_\_\_\_, and others besides. The Shepherd assures Much Afraid there is nothing that can do the slightest hurt or harm if she learns the second letter of the alphabet. Before her ascent, he gave her a little bottle of \_\_\_\_\_, for strength. She would also be able to escape her enemies once she started up the precipice.

**Facing one's Fears.** What type of Fears have you faced and because doing so was set free from the bondage that you were imprisoned in? \_\_\_\_\_

Did you feel sick like Much Afraid? \_\_\_\_\_

What about these other mountains (Reviling, Hate, Persecution and Others). Any Experiences?



## Chapter 10 Ascent of the Precipice Injury

Facing her fear on the face of the rock face, Much Afraid realizes it was not as bad as she anticipated. Roped to her companions gave her an assurance as well as the Spirit of Grace and Comfort that the Shepherd had given her, when she felt out of control. Knowing the Shepherd would never leave her nor forsake her also gave her a sense of comfort and strength. For now she had escaped her enemies that she could see down below, and also realized that once she reached the summit, she would encounter them again. How do you prepare when you have to face your fears/enemies? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

As Much Afraid and her companions continued to climb she was relieved there was no where that was found too difficult. Even with the all-consuming type fears that Craven Fear had planted, she overcame the worst of what she had imagined. Have you ever felt that way? Explain \_\_\_\_\_

\_\_\_\_\_

They reached the resting place for the night, a cave, which the Shepherd had spoken of. At morning's light, Much Afraid surveys the desolation that she sees before her. Describe the desolation as she sees it. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_. In the tiny crack, Much Afraid discovers a little flower, with a wall completely imprisoning it, it had forced its way to the light. The flower's name was Bearing the Cost, but some called Forgiveness. Bearing the Cost had been dropped and abandoned, exiled from its home, and had managed to push forward consumed with love. "He shines upon me and makes me rejoice, and has atoned to me for all that was taken from me and done against me" Bearing the cost, set free, is kept by Much Afraid.

At this time we will take a look at the introspective part of Forgiveness. For me to really understand Forgiveness I have to have “Understanding.” Isn’t this what Jesus taught us from the Cross? Jesus said, “Father forgive them **for they know not what they do.**” Read Luke 23:34 We are instructed to Forgive others, and our Father in Heaven will forgive us Matthew 6:14&15 From a more practical look, to not Forgive someone who has wronged us, etc. just leaves us in bondage; we continue to suffer. Any thoughts or examples \_\_\_\_\_

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On the path Much Afraid comes to a very, very difficult place, and falls down and skins her knees. Immediately she is overcome with “panic and trembling” only the “Spirit of Grace and Comfort” is able to help her gain her focus. On my journey, I have encountered relapses like this one; and at times when I recover I have to ask God to forgive me for my Relapse in Faith as a result of the Relapse in my Circumstance. I have learned God is looking for my “willingness” not my “perfection.” And more than that, He helps me discover where I went wrong so I can be an overcomer and not defeated. Any comments? \_\_\_\_\_

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She has made it, Much Afraid has made it to the forest, leaving the “Impossible” situation she once faced, behind. She has some battle scars, but now finds herself in the forest, and who does she hear coming in the distance coming her way, the Shepherd of course. Do you think He has been watching her progress all the time. It seems when she overcomes a very difficult challenge, he is always there to congratulate her. Do you feel the Lord’s presence in your life in much the same way? “God Really Loves Me” \_\_\_\_\_

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Do you have a challenge to overcome much like Much Afraid? \_\_\_\_\_

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His promise is true. He has never left me nor forsook me. People have, but never my Heavenly Father. Review Hebrews 13:5&6.

Chapter 11 In the Forests of Danger and Tribulation

The Shepherd explains that on this part of the journey Much Afraid and her companions will be consumed in Darkness and experience Storms, “but keep pressing forward, for remember that nothing can do you any real harm while you are following the path of my will.” I’m reminded, Jesus said “In this world there will be trials and tribulations, but be of good cheer, I have overcome the world.” (John 16:33.)

Poor Much Afraid, just the thought made her tremble. I’ve felt that that way, have you? \_\_\_\_\_

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The fear made her doubt, but the Shepherd reassured her. I am reminded, Write Phillipians 1:6

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The Shepherd comforts her with a promise, she builds another altar and repeats his promise “Yea, though I walk through the Valley of the Shadow of Death, I will fear no evil; for thou art with me.” Still filled with fear, the Shepherd shares with her that the places she must go are nothing like what she imagines. She picks up another stone and keeps it as a memory. Read Psalm 23.

In the forest, they are all waiting to attack her. How did they attack her? What did they say?

Self Pity, \_\_\_\_\_

\_\_\_\_\_ Resentment? \_\_\_\_\_

Craven Fear? \_\_\_\_\_

Bitterness? \_\_\_\_\_

\_\_\_\_\_ Pride? \_\_\_\_\_

What a dilemma? If Much Afraid put her fingers in her ears, then she couldn’t hold the hands of her companions, otherwise she had to listen to their taunting and attacks.

Stopping to discuss her situation with her companions, they all came up with a solution to the dilemma. We can observe Much Afraid getting stronger. Write Psalm 28:7 \_\_\_\_\_ 20

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As the Storm is coming, we find Much Afraid is not a filled with fear as she once was. “So throughout the whole storm she was filled with a strange and wonderful peace such as she had never felt before.” Write John 14:27 \_\_\_\_\_

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With the storm over, Craven Fear appears and tries his best to plant more seeds of fear and doubt in Much Afraid. “The storm has only gone round the mountains for a short time. Already it is beginning to approach again and will be worse than before....” Have you ever overcame something and was afraid that it was coming back? \_\_\_\_\_

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Much stronger now, Much Afraid knows how to resist this character, with all her strength. Much Afraid and her companions find a cabin for shelter where they can wait out the storm, and there are the Fearings beating at the door, begging to come in from the storm. The storm breaks and she gives them the best advice she knows, but realizes that she must not let them in. Have you ever been faced with this type of decision? How did you feel about it as a Christian? \_\_\_\_\_

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While safe and snug in the cabin for a few days, Much Afraid starts to know her companions a little better. Suffering and Sorrow are becoming her friends, and as “she accepted their companionship in this way she seemed more alive than ever before to beauty and delight.” We see as Much Afraid sings this new song taught by Sorrow, that she is starting to see a picture in her mind (where once was only fear and doubt) that one day the Shepherd’s promise will be revealed A Renewing of the Mind process.

Chapter 12 In the Mist

We find Much Afraid in the consuming Mist as she exclaims, “Will this dull, dreary mist never lift, I wonder? As soon as she spoke, \_\_\_\_\_ popped up, “Higher up the mountains the mist hangs thicker and thicker still. That’s all you can expect for the rest of the journey.” And then he made sure she noticed the path wasn’t going up; it was level. Oh! How discouraging. Have you had a similar experience? \_\_\_\_\_

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Resentment chimed in as well, but Much Afraid, much stronger, persisted down the path. Then Bitterness insisted that she might “go back a little way and look;” make sure she was not mistaken. When Much Afraid started to doubt, her traveling companions were there to offer reason. Then Self Pity added insults about Much Afraid’s traveling companions. It was very difficult to tune out the verbal attacks, so Much Afraid decided, “If I sing quite loudly, I shall not be able to hear what they say.” She had found another solution to shutting out the sneers, etc. of her enemies, than cotton in her ears. The Shepherd heard her singing and was very pleased, but Much Afraid is embarrassed by her appearance having “been slipping and stumbling in the most dreadful way.” How does he comfort her? \_\_\_\_\_

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She explains that she has come to love her companions Suffering and Sorrow; that she no longer looks at them with “dread, but as friends who want to help me.” Can we truly look at our own Suffering and Sorrow in this way? Is it bringing us to a closer relationship with God? Or has it caused us to doubt, etc. His love for Us. \_\_\_\_\_

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Once again, the Shepherd asks Much Afraid if she Trusts Him. I can sense Much Afraid's concern of Oh! No! another test. Have you felt that feeling of one test after another? \_\_\_\_\_

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Much Afraid responds, "You know I love you and that I long to trust you as much as I love you, that I long both to love and trust you still more." "Would you be willing to trust me," he asked. Have you ever felt the Lord ask you, "Do you trust me?" "Do you trust me?" Do you really trust me, my child?" What was your answer? \_\_\_\_\_

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How did you learn to trust Him? How has Much Afraid learned to trust Him? Is there anything/anyone you trust more than Him \_\_\_\_\_

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At the end of the Chapter, she picks up another little stone as a memory.

## Chapter 13 In the Valley of Loss

At the end of the last Chapter, the Shepherd had asked Much Afraid if she Trusted Him. Now, Much Afraid finds the path headed downward to the Valley, lower than the Valley of Humiliation, not only “steep and even higher than the Precipice of Injury,” but that it would require “an immense amount of strength and effort, and take a very long time.” Can’t you feel her disappointment, discouragement, disillusionment, and disgust with this new development. To go into this valley would cost her all that she had gained thus far. For an awful moment she contemplated taking her life into her own hands; make her own choice. This just seemed too much; too overwhelming. Have you ever felt this way? \_\_\_\_\_

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She was so overwhelmed she called for the Shepherd. She sobs, “this path looked so wrong I could hardly believe it was the right one.” The Shepherd comforts her, explains, and then he asks her, “Will you go down this path of forgiveness into the Valley of Loss, just because it is the way that I have chosen for you? Will you trust and still love me?” The Pain I still feel as I am reminded when the Lord has asked me to trust Him in difficult times/place. How about you?

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Much Afraid builds another altar, and takes away another pebble as a memory, and starts her steep descent into the Valley of Loss, singing as she goes, and realizing “that she had only one passionate desire, not for the things which the Shepherd had promised, but for himself. All she wanted was to be allowed to follow him forever.” She realizes that **love requires sacrifice**. She found the Valley of Loss a comforting type place; and was quite contented there, (perhaps a peace that surpasses all understanding) as well as her two companions who sang. Much Afraid will learn the meaning to this song soon. She ends with “I wonder what he plans to do next and if it will hurt ...?” Define LOVE: \_\_\_\_\_

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## Chapter 14 The Place of Anointing

Much Afraid, finds herself once again headed for the High Places. Riding beside the Shepherd in aerial chairs, she could even see the mountain peaks of the Kingdom of Love. They arrived at a place more beautiful than she could have ever imagined, and there she discovered the Waterfall, “waters cast themselves to be dashed in pieces on the rocks below.” She goes on to see the water leaps in joy “as though to cast oneself down is to abandon oneself to ecstasy and joy indescribable.” Once reaching rocks below, the waters all flowed together forming a torrent. From there they would again cast themselves down to the valleys far below. The Shepherd explains, “Self-giving is its life,” “with no holding back or reserve.” And what about obstacles it encounters? \_\_\_\_\_

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Much Afraid has now made it to the last part of her journey. Once again the Shepherd is warning her of difficulties she will encounter. “Thine ears shall hear a word behind thee, saying, This is the way, walk ye in it, when he turn to the right hand and when ye turn to the left.” (Isaiah 30:21). Another Scripture I am reminded of, “Trust in the Lord with all your heart, and lean not to your own understanding.” (Proverbs 3:5.) The Shepherd takes Much Afraid to the Kingdom of Love and there she sees him as he is, the King of Love, so much changed; he was a king, yet his eyes were still full of gentleness and tenderness but also of strength and power and authority. He lead her to an Altar of pure gold, and like the song sung earlier (page 177) with a coal he touched her ‘Lo! this hath touched thy lips; and thine iniquity is taken away and thy sin purged.’ (Isaiah 6:7) After the Altar experience, the Shepherd took her back to the forest saying, “Behold I will make thine enemies to come and worship before thy feet, and to know that I have loved thee.” (Revelations 3:9&10) Contemplate that Scripture Explain? \_\_\_\_\_

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The Shepherd explains that if Much Afraid continues forward, she will receive the desires of her heart. And when asked by Suffering and Sorrow where they were, he replied, “This is the place to which I bring my beloved, that they may be anointed in readiness for their burial.”



## Chapter 15 The Floods

Continuing on the path, Much Afraid and her companions come to a cabin. In the night, Much Afraid woke up, at the sound of the Shepherd's voice. Following his instruction, she offered the promise that he had given her and the "natural longing for human love," as a Burnt Offering to him. In the morning, she followed the Shepherd's instruction, passing by Fear, Bitterness, Resentment, Pride and Self Pity who seemed to be running for their lives. Much Afraid, at the request of her two companions found shelter along the path out of the danger of the avalanche. Everything around them "seemed to be shivering and quaking and falling. Flood waters rushed down the steep cliffs and a torrent poured over the rocks." A waterfall had imprisoned her in the cave. Much Afraid even thought of throwing away the stones she had collected; memories of promises of the Shepherd. She took each one out, one at a time and with each stone, she remembered each promise. Review Pages 202&203. And then picked up a stone from the floor of the cave, "Though he slay me, yet will I trust in Him." (Job 13:15) Contemplate this Scripture. Can you Trust your Heavenly Father to this level? Explain \_\_\_\_\_

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"The rain descended, and the floods came, and the winds blew, and beat upon the house; and it fell not; for it was founded upon a rock" ( Matthew 7:25)

In a moment of discouragement, disgust, disappointment, or disillusionment what Much Afraid had almost thrown away, she now grasped and held as treasure. How about you? \_\_\_\_\_

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Now we find Much Afraid crawling because the path is so steep. She had hoped the nearer she came to the High Places, the easier it would get or the stronger she would become, but she found otherwise. Her companions grew stronger, however. She was exhausted and came to a brook of bitter water but she needed to drink to be strengthened; much like the one the Israelites found on their journey at Marah. Read Exodus 15:22-27 . She picked up her last stone there at Marah.

Chapter 16 Grave on the Mountains

Much Afraid knew that she was close to the lip of the great fall, the place where she was to meet the Shepherd, however before her another obstacle; a huge chasm. With Suffering and Sorrow supporting her, they threw themselves into the chasm; the yawning grave. Unlike times before, Much Afraid had not stopped long enough to be consumed with fear; she was too busy consulting with her friends about this latest difficulty, and together they find a solution.

In the mist, they find an Altar. Much Afraid prepares for her Burnt Offering. In the silence and her long wait, she recalls fear and doubt planted previously by Bitterness, but the Fearings could not come to the edge of the Kingdom of Love. Why couldn't they? \_\_\_\_\_

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The Priest of the Altar steps forward and offers to do what she or her companions could not do, remove "the human love" and cast it down on the altar.

The Old Self Nature/The Flesh, etc. are terms given for Sin Patterns in our lives that struggle with the Holy Spirit as described in Romans 7 & 8. If only we could go through a process where our Sin nature was just plucked out. Please Read Romans 7 & 8. Share your thoughts

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Also contemplate (Romans 2:29) Circumcision of the Heart and write your thoughts \_\_\_\_\_

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But Jesus life, as we know, became the payment for the penalty of our sins so we can have Eternal Life in Heaven.

Chapter 17 Healing Streams

Much Afraid wakes up and takes in all the wonder around her. She is totally alone and is drawn to a stream. She realized she was now at the source of the great fall which flowed under the Altar. She stepped into one of the pools and “immersed herself in a stream of bubbling life.” After stepping out of the pool, she noticed her feet had changed. And when she saw her reflection in a pool of water, her face was changed as well. Without worrying about the future, she rested and rested, and recovered

So many times, we are so concerned about our futures, we never take time to Rest. To Heal, our bodies need Rest. Read Psalm 23 and Write the sentence regarding green pastures.

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Anything to Add: \_\_\_\_\_

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As I read about the Healing Pool, I am reminded of the Bethesda Pool. Read John 5:3-9. Do you know of type healing pools today? Explain. \_\_\_\_\_

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Chapter 18 Hinds Feet

We find Much Afraid waking up and following the hart and a hind as she follows a voice, “You with hinds’ feet—jump over here.” Aren’t you thrilled for Much Afraid. There she met the Kingdom of Love, dressed as a King. “At last you are here and the night of weeping is over and the joy comes to you in the morning.” (Psalm 30:5). He gave her a new name as promised, Grace and Glory. The seed that had he had planted in her heart was now covered in blooms; “longing to be loved” had been plucked from her heart. With the stones she had collected, he made her a crown and she remembered the last stone “Hold fast that thou hast, that no man take thy crown.” “She marveled at the grace and love and tenderness and patience which had led and trained and guarded and kept poor, faltering Much Afraid, which had not allowed her to turn back, and which now changed all her trials into glory.” Any thoughts? \_\_\_\_\_

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She shall enter the King’s Palace .Read Psalm 45:5-10. And Suffering and Sorrow, since she had brought them on the journey with her, were now Joy and Peace, her companions and friends forever.

Can Suffering and Sorrow really become Joy and Peace? Any Thoughts? \_\_\_\_\_

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Chapter 19 High Places

Grace and Glory and Joy and Peace explore the High Places, and think about the places even higher. Much like we think about what Heaven might be like. She also saw things differently; “Things which she had thought dark and terrible and which had made her tremble as she looked up from the Valley ... seemed now to be but part of a great and wonderful whole.” “She began to understand quite clearly that truth cannot be understood from books alone ... but only by personal growth and development in understanding ....” Take a moment to review the last paragraph on Page 238 as well as read pages 239 & 240 as she recalls her journey. Notes

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Review the four things she learned on her journey. Page 240—242. \_\_\_\_\_

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And what did the King add? \_\_\_\_\_

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Read 2 Corinthians 4:16&18

Have you ever been able to look at your pain/illness/suffering/difficulties, etc. in this transforming way? Read Psalm 30:10-12 Explain. \_\_\_\_\_

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Chapter 20 Return to the Valley

From the High Places, Grace and Glory looks down on the Valley of Humiliation. There she sees all the Fearling clan. “She had thought of them only as horrible enemies, but now she realized that they were just miserable beings such as she had been herself. They were indwelt and tormented by their different besetting sins and ugly natures, just as she had been by her fears....” Grace and Glory had Understanding, and was consumed with compassion for them. Her friend, Peace, reminds her, “I have noticed that when people are brought into sorrow and suffering, or loss, or humiliation, or grief, or into some place of great need, they sometimes become ready to know the Shepherd and to seek his help.” Write Romans 8:28. \_\_\_\_\_

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Not knowing what to do, she asks the King. He says they reject him, “I need a voice to speak for me, to persuade them to let me help them.” He asks if she thinks they would listen to her. “No, I don’t think it likely—at least, not at first. I was not the sort of person to make them want to listen to me....” And she added, “But you will tell me what to say. You will teach me and I will say it for you.” Paraphrased, Let’s do it! And they did!

Do you see those who have wronged you in the past differently? Explain \_\_\_\_\_

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I truly love this book. Thank you so much for sharing it with me. I can’t believe it was written in 3 weeks; it is so beautifully written.