

## Pilgrim's Progress

### Through the Valley of Humiliation

By [John Bunyan](#)

*The Pilgrim's Progress from this world — to that which is to come, in the similitude of a dream*

*Retold for Children and Adapted to School Reading, by James Baldwin, 1913*

Now I saw in my dream, that the pilgrims began to go down the hill into the Valley of Humiliation. It was a steep hill, and the way was slippery; but they were very careful, and so got down pretty well.

There the sisters of the House Beautiful bade them farewell. "It was in this valley," said they, "that Christian met the foul fiend, Apollyon. But be of good courage. You have Mr. Great-heart to defend you." So they commended the pilgrims to the care of their guide, and returned to their home.

Then Great-heart walked on before them, and as he walked — he talked to them about the beauty and fruitfulness of the valley.

"We need not be afraid," said he, "for here is nothing to hurt us unless we bring it upon ourselves. The Valley of Humiliation is as fruitful a place as any the crow flies over. It is fat ground, and is covered with green meadows. And see how these are beautified with lilies!"

As they were thus going along and talking, they saw a boy watching his father's sheep. The boy was very poorly dressed — but his face was fresh and rosy; and as he sat by himself, he sang.

"Hark!" said Great-heart. "Be still and listen to his song."

So they stood and listened; and these are the words they heard —

"He that is down needs fear no fall,  
He that is low, no pride;  
He that is humble ever shall  
Have God to be his guide.

"I am content with what I have,

Little be it or much:  
And, Lord, contentment still I crave,  
Because you lovest such."

"Hear him," said Great-heart. "I will dare say that this boy is merrier, and wears more of the herb called hearts-ease — than many a person who is clad in silk and velvet."

Then they walked on, and all were happy because of the beauties of the place.

"This valley suits me well," said Mercy; "for here there is no rattling with coaches nor rumbling with wheels. Here one may walk in quiet, and think about things that are beautiful and true."

"Yes," answered Great-heart, "this is a valley that nobody walks in but those who love a pilgrim's life. Here one is free from noise and the hurrying of business. It was here that our Prince once loved to walk; for the meadows are very beautiful and the air is pleasant."

Soon they came to the place where Christian had fought the fiend Apollyon; and Great-heart pointed out to the boys each noted spot in that field of battle.

"Here is where your father stood when he first saw Apollyon coming. Here is where the fiend fell upon him, and on these stones you may still see the marks of his blood. Here are some of the splinters of Apollyon's broken darts. And see here, how they did beat the ground with their feet as they fought to make good their places against each other. And here is where Apollyon turned his back and fled from the valley. Verily, your father did play the man here."

Then he led them a little farther, and showed them a monument that had been set up there in honor of Christian's victory. They stood around it and rejoiced, and one of the boys read aloud the writing that was engraved upon it:

"Hard by here, was a battle fought,  
Most strange and yet most true;  
Christian and Apollyon sought  
Each other to subdue.

"The man so bravely played the man  
He made the fiend to fly;  
Of which a monument I stand,  
The same to testify."

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