

Passing
Through
Dark Valleys
pt 2

(Dealing with Adversity)

Psalms 23:4

What Do You Get in a Land(life) Where All You Have Is...

...Sunshine Every Day

...and No Rain?

“a Desert”



Dark Valleys Are...

- **Unavoidable**

"Mankind is born for trouble as surely as sparks fly upward." Job 5:7

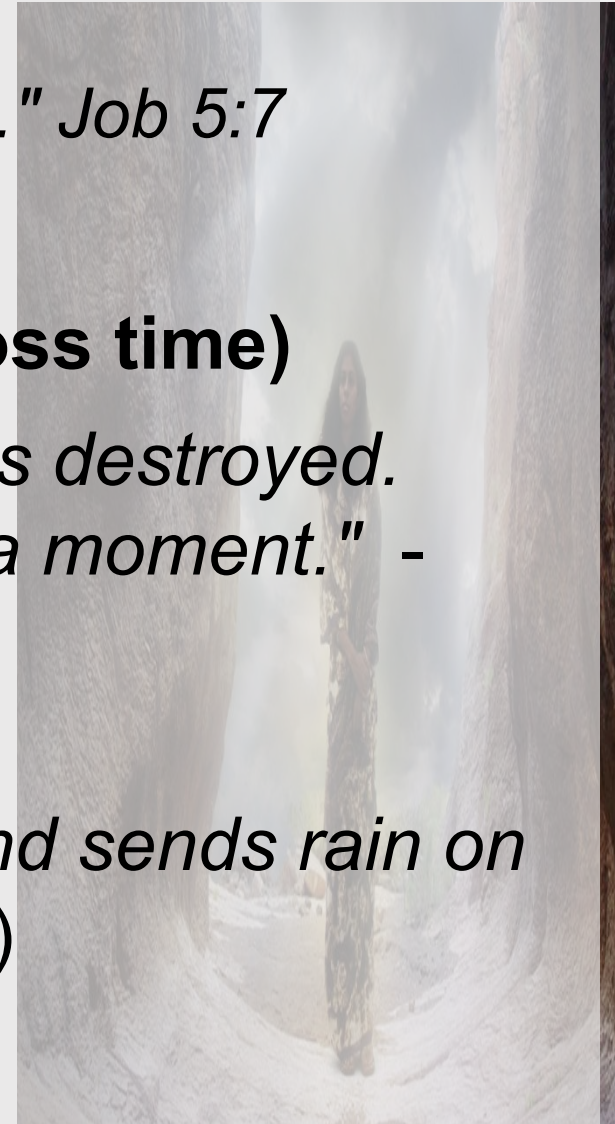
- **Unpredictable**

- **You can't plan them or time them (usually worst poss time)**

- *"Disaster after disaster is reported, for the whole land is destroyed. Suddenly my tents are destroyed, my tent curtains, in a moment." - Jeremiah 4:20 (HCSB)*

- **Impartial**

"He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous." -Matt 5:45 (HCSB)



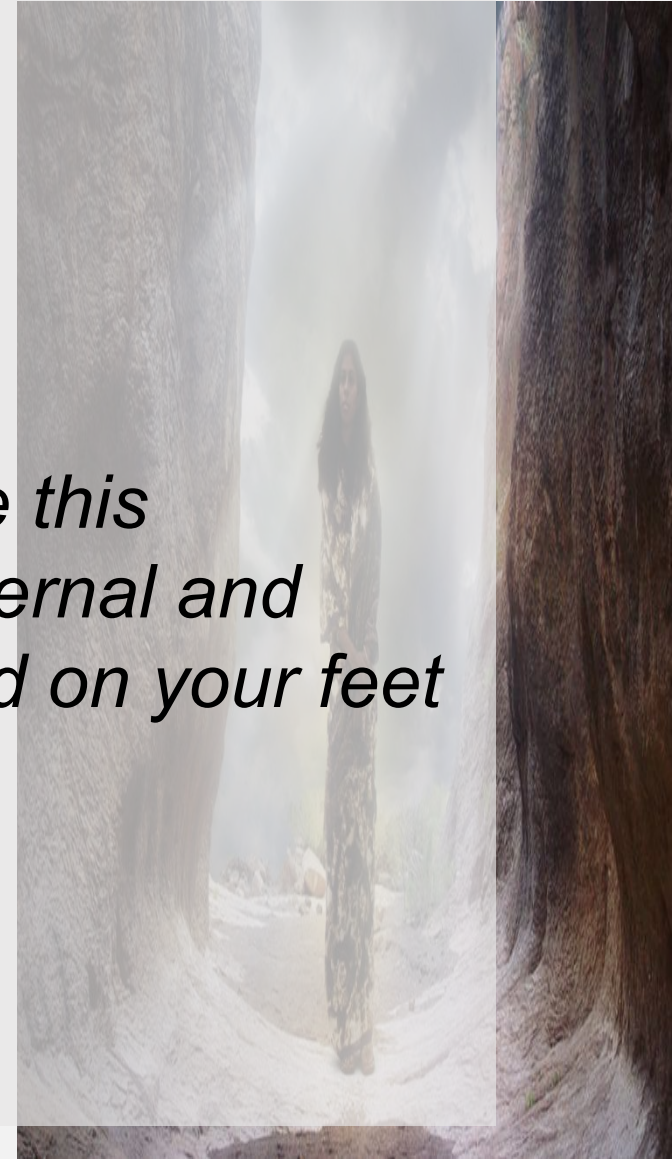
Dark Valleys Are...

▪ Temporary

Valleys...

- have an end
- don't last forever
- are not our permanent residence

"The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good" -1 Peter 5:10 (MSG)



Dark Valleys Are...

▪ Have a Purpose

"You rejoice in this, though now for a short time you have had to be distressed by various trials so that the genuineness of your faith—more valuable than gold, which perishes though refined by fire—may result in praise, glory, and honor at the revelation of Jesus Christ." -1 Peter 1:6-7 (HCSB)

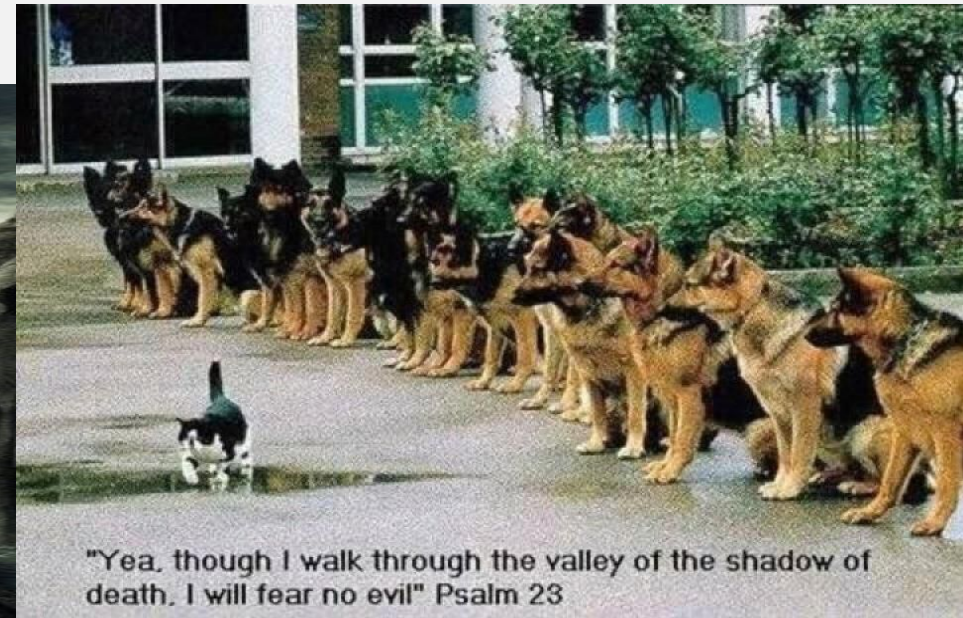
- God Can Teach You Character
- He Wants To Change You, Mature You
- Faith Is Built In The Valleys Of Life



What Do You Do When...

...You Go Through Dark Valleys? (4)

- **Remain Calm**- *“Even though I walk through the valley...”*
 - *“I walk”* - not *“I run through it”* or *“I panic/ run the other way”*
- **Refuse To Be Discouraged**- *“I will fear no evil”*
 - Will implies a Choice, a Decision.
 - Focus on God's Power Rather than on your Valley (problem)



"Yea, though I walk through the valley of the shadow of death, I will fear no evil" Psalm 23

What Do You Do When...

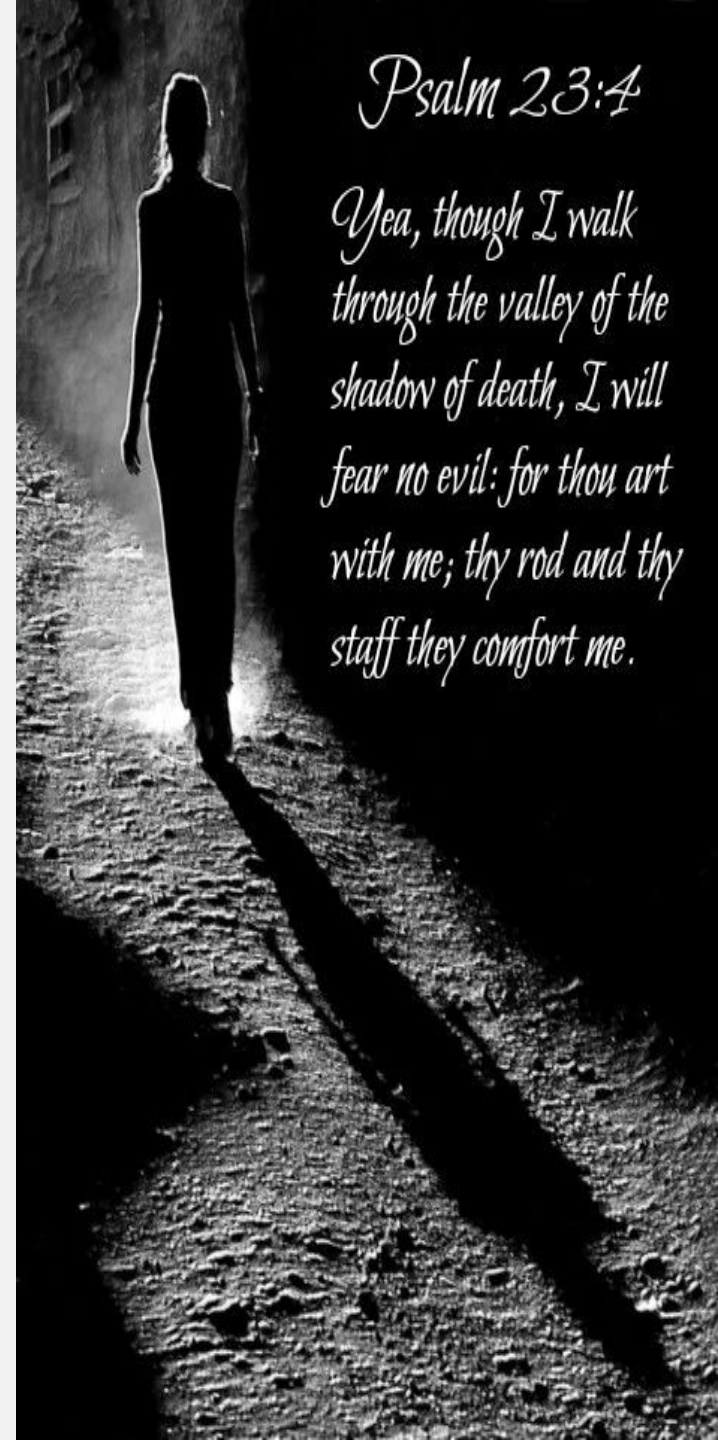
...You Go Through Dark Valleys? (4)

- **Remain Calm-** *“Even though I walk through the valley...”*
- **Refuse To Be Discouraged-** *“I will fear no evil”*
- **Rest In God’s Presence-** *“For You are with me”*
 - **God Promises to be with you every step of the way**
- **Rely on God’s Protection/ Guidance-** *“Your rod /staff comfort me”*



Shadows...

- are always Bigger Than Reality
 - Fear is always greater than the problems you face
- cannot Hurt You
 - Shadows can not hurt you – they can only scare you
- only appear when there is a Light Source
 - there is light at the end of the tunnel
 - God is light – and in Him there is no darkness
 - Trust Him



Psalm 23:4

*Yea, though I walk
through the valley of the
shadow of death, I will
fear no evil: for thou art
with me; thy rod and thy
staff they comfort me.*