A dark, atmospheric scene with two hooded figures in a boat on a stormy sea under a crescent moon. The figures are standing in the boat, facing each other, with their hands raised towards the center. The background shows a dark, stormy sea with white-capped waves. The sky is dark with a crescent moon and some light clouds. The overall mood is somber and mysterious.

Passing Through Dark Valleys pt 1

(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”



Examples of Life's Valleys

The Valley of...

- **Calamity** -Josh. 7:26
- **Weeping** -Ps. 84:6
- **Trouble** -Hosea 2:15
- **Deep Darkness** -Ps. 23:4



Dark Valleys Are...

- **Unavoidable**

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

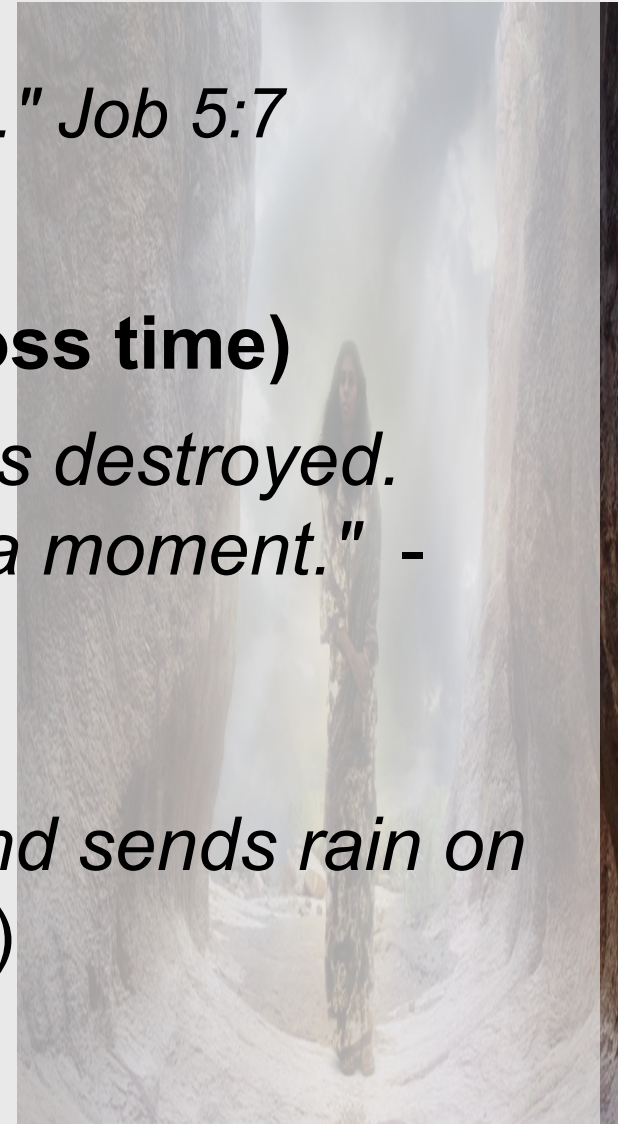
- **Unpredictable**

- **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...

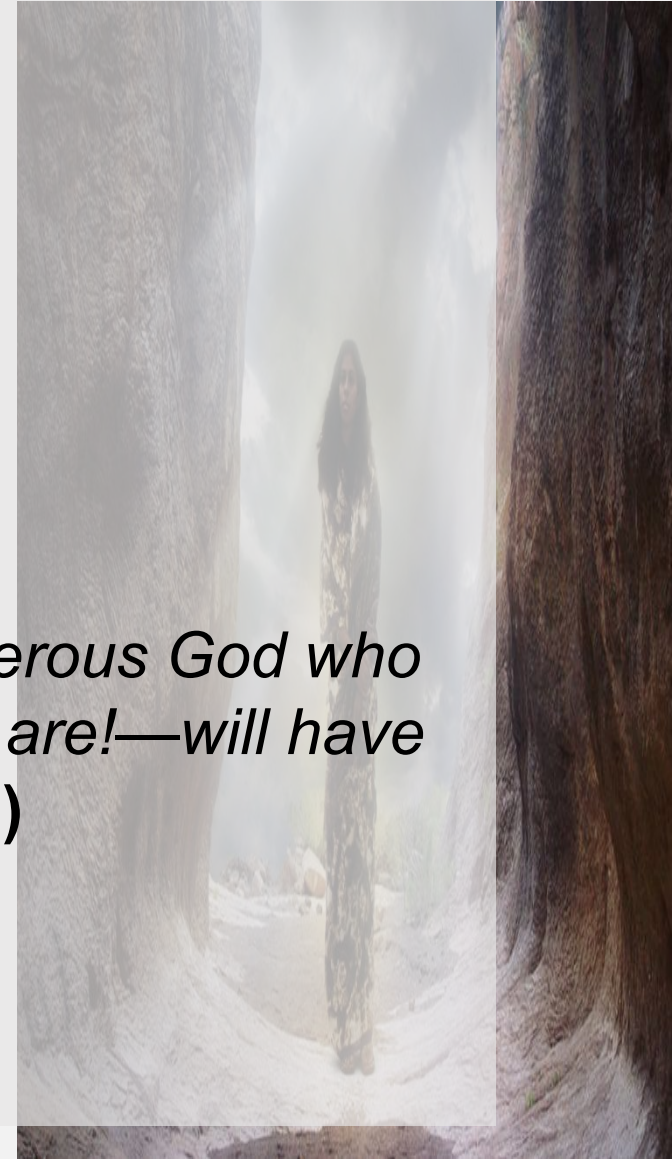
- Unavoidable
- Unpredictable
- Impartial

• 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)

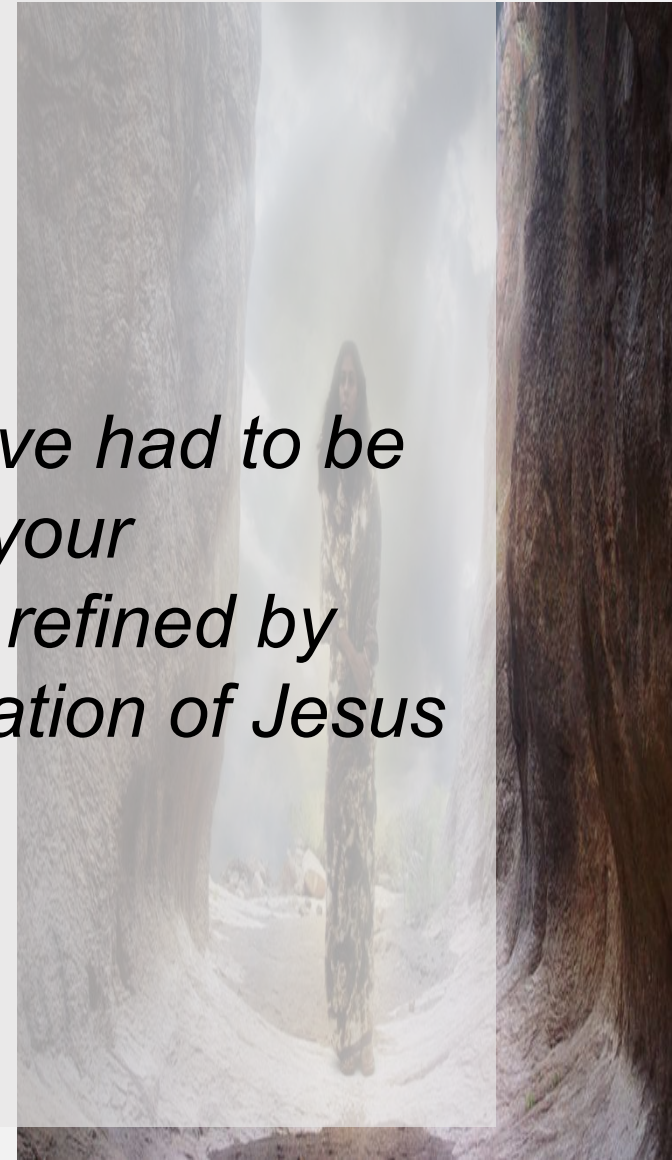


Dark Valleys Are...

- Unavoidable
- Unpredictable
- Impartial
- Temporary

• 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)



Dark Valleys Are...

○ Have a Purpose

- God has a reason for taking you through dark valleys.
- valley full of *doubt, despair, discouragement, or defeat*
- *financial valleys, relationship, emotional, spiritual valleys*
- God Promises .. You will get through them in time

□ Every Problem Has a Purpose

- little ones, inconsequential ones, irritating ones.
- God can teach you character
- He wants to change you, mature you

Faith is Built in the Valleys of Life

