

A dramatic, dark 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 outstretched towards the center. The background shows a dark, stormy sea with white-capped waves. The sky is dark with a crescent moon and a bright light source behind the figures, creating a silhouette effect. 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 Where All You Have Is...

...Sunshine Every Day

...and No Rain?

- Balance - *none*
- Blocked- *growth stunted*
- Blank- *Unthankful*
- Bland- *boring*

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

...Sunshine Every Day

...and No Rain?

“a Desert”



Examples of Life's Valleys

The Valley of...

- **Trouble** -Josh. 7:26
- **Weeping** -Psa. 84:6
- **Deep Darkness** -Ps. 23:4



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- **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)

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- Unavoidable
- Unpredictable
- Impartial

- **Temporary**

Valleys...

- **Have a Beginning also 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)

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• 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



And though I walk the darkest path,
I will not fear the evil one.



Psalm 23:4 (NLT2)

4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me. Your rod and your staff protect and comfort me.