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 reaching towards the center. The background shows a dark, stormy sea with white-capped waves and a dark, cloudy sky with a crescent moon. The overall mood is somber and mysterious.

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)

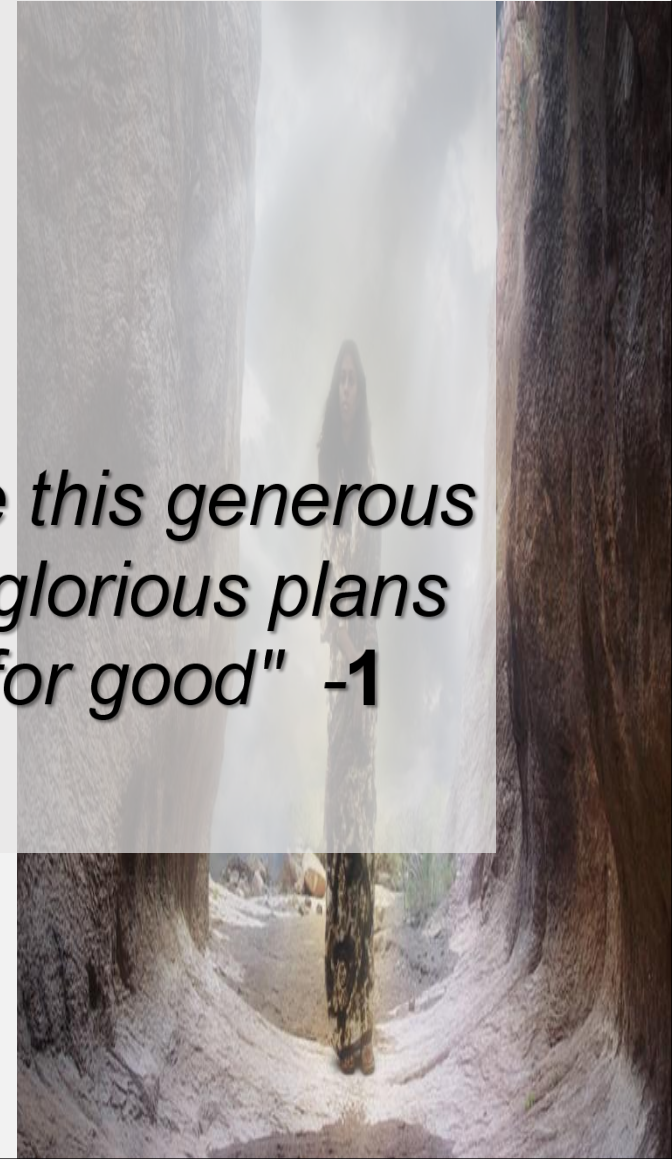
- **Impartial**

"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)





GOD HAS A
GOOD PURPOSE
FOR YOUR VALLEY.

CROSSCREEKBAPTIST.COM



Dark Valleys Are...

▪ **Have a Purpose**

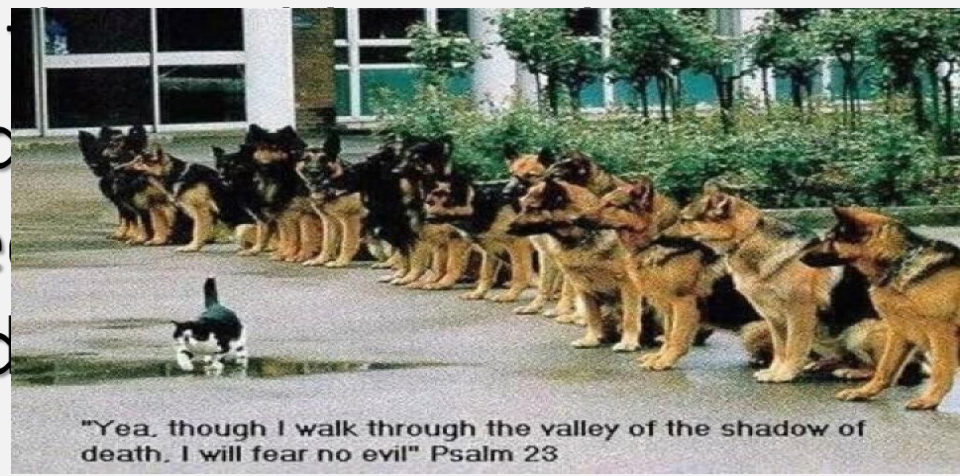
"You rejoice in this, though now for a short time you have had to be distressed by various trials so that the genuineness of your faith—more valuable than gold, which perishes though refined by fire—may result in praise, glory, and honor at the revelation of Jesus Christ." -1 Peter 1:6-7 (HCSB)

- **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”*
 - **John 14:27 (AMP)** ²⁷ Peace I leave with you; My [own] peace I now give *and* bequeath to you. Not as you. Do not let your hearts be troubled [Stop allowing yourselves to be agitated not permit yourselves to be fearful and and unsettled.]



THE LORD IS MY SHEPHERD
I SHALL NOT WANT
HE LEADS ME BESIDE
HERE RESTORES MY
SOU

FOR HIS NAME'S SAKE
HE LEADS ME IN PATHS OF RIGHTEOUSNESS
EVEN THOUGH I WALK THROUGH THE
VALLEY OF THE SHADOW OF
DEATH I WILL FEAR NO EVIL
FOR YOU ARE WITH ME
YOUR ROD AND YOUR STAFF
YOU PREPARE A TABLE BEFORE ME
IN THE PRESENCE OF MY ENEMIES

YOU ANOINT MY HEAD WITH OIL
THEY COMFORT ME
MY CUP OVERFLOWS
SURELY GOODNESS
AND MERCY SHALL FOLLOW ME
ALL THE DAYS
OF MY LIFE
AND I SHALL DWELL
IN THE HOUSE OF THE LORD
FOREVER

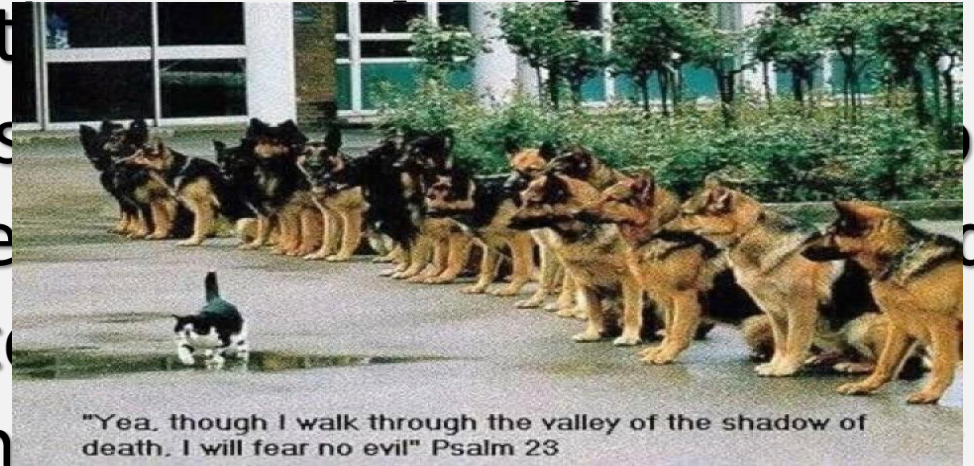
PSALM 23

THE LORD IS MY SHEPHERD

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"*
 - **John 14:27 (AMP)** ²⁷ Peace I leave with you, now give *and* bequeath to you. Not as the world gives, for it gives and takes away. But my peace I give you. Do not let your hearts be troubled and do not be afraid. [Stop allowing yourselves to be agitated and do not permit yourselves to be fearful and unsettled.]



PSALM 23

STILL LIFE

d.

THE LORD IS MY SHEPHERD

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”*
 - **John 14:27 (AMP)** ²⁷ Peace I leave with you; My [own] peace I now give *and* bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to be agitated and disturbed; and do not permit yourselves to be fearful and intimidated and cowardly and unsettled.]

PSALM 23

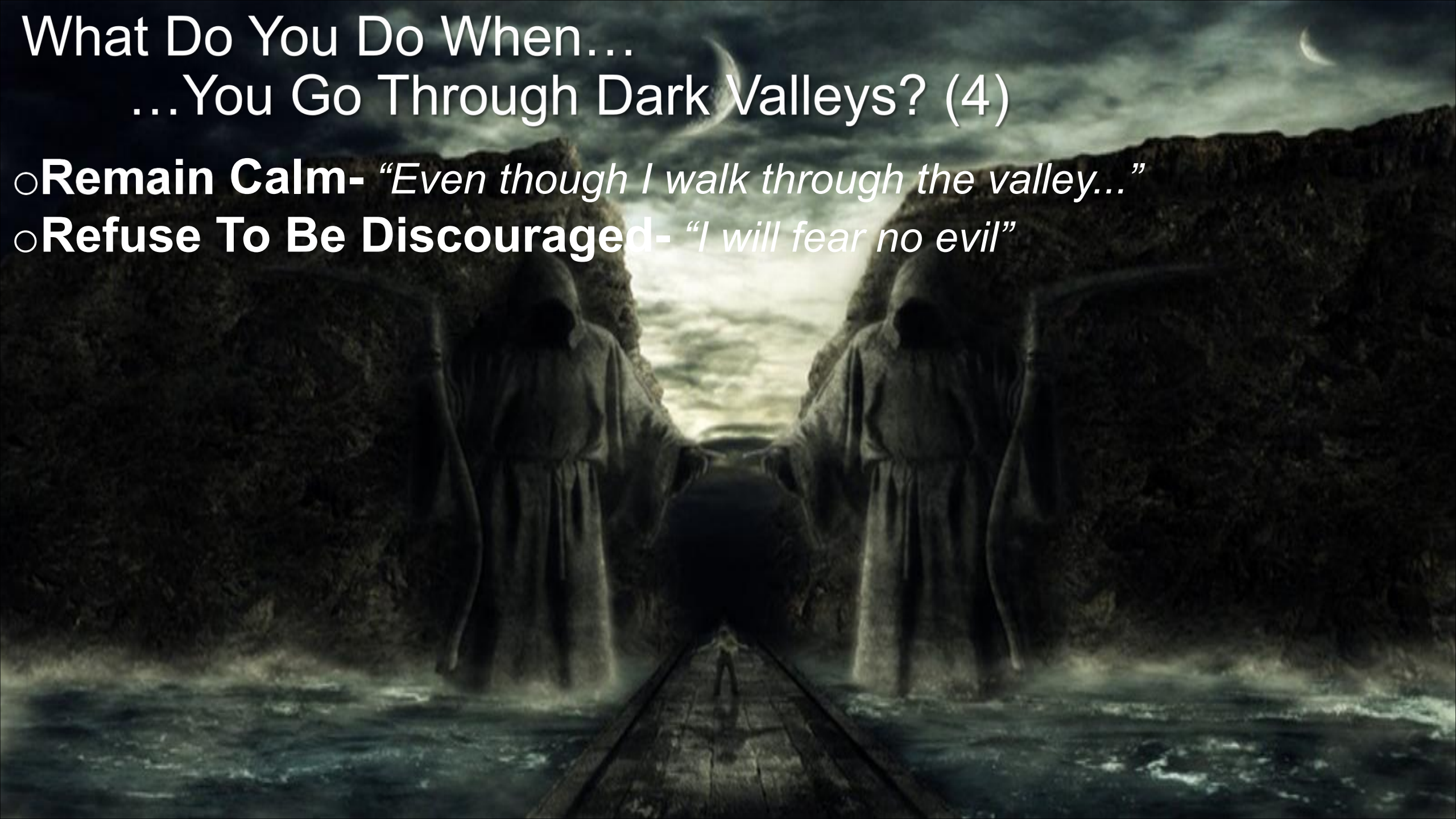
What Do You Do When...

...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)
 - **Psalm 91:5-7 (KJV)**⁵ Thou shalt not be afraid for the terror by night; *nor* for the arrow *that* flieth by day; ⁶ *Nor* for the pestilence *that* walketh in darkness; *nor* for the destruction *that* wasteth at noonday.
⁷ A thousand shall fall at thy side, and ten thousand at thy right hand; *but* it shall not come nigh thee.

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”*





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**
 - **Exodus 33:14 (KJV)**

¹⁴ And he said, My presence shall go *with thee*, and I will give thee rest.

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**

• **Exodus 33:14 (KJV)**

¹⁴ And he said, My presence shall go *with thee*, and I will give thee rest.

○ **Rely on God’s Protection/ Guidance**-*“Your rod /staff comfort me”*

• **Joshua 1:9 (KJV)**

⁹ Have not I commanded thee? Be strong and of a good courage; be not afraid, neither be thou dismayed: for the LORD thy God *is* with thee whithersoever thou goest.

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

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.*

A black and white photograph of a person walking away from the camera on a path. The person is in silhouette, and a long, dark shadow is cast behind them onto the ground. The path appears to be outdoors, possibly on a beach or a similar textured surface. The lighting is dramatic, with strong highlights and deep shadows.

Shadows...

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.*

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

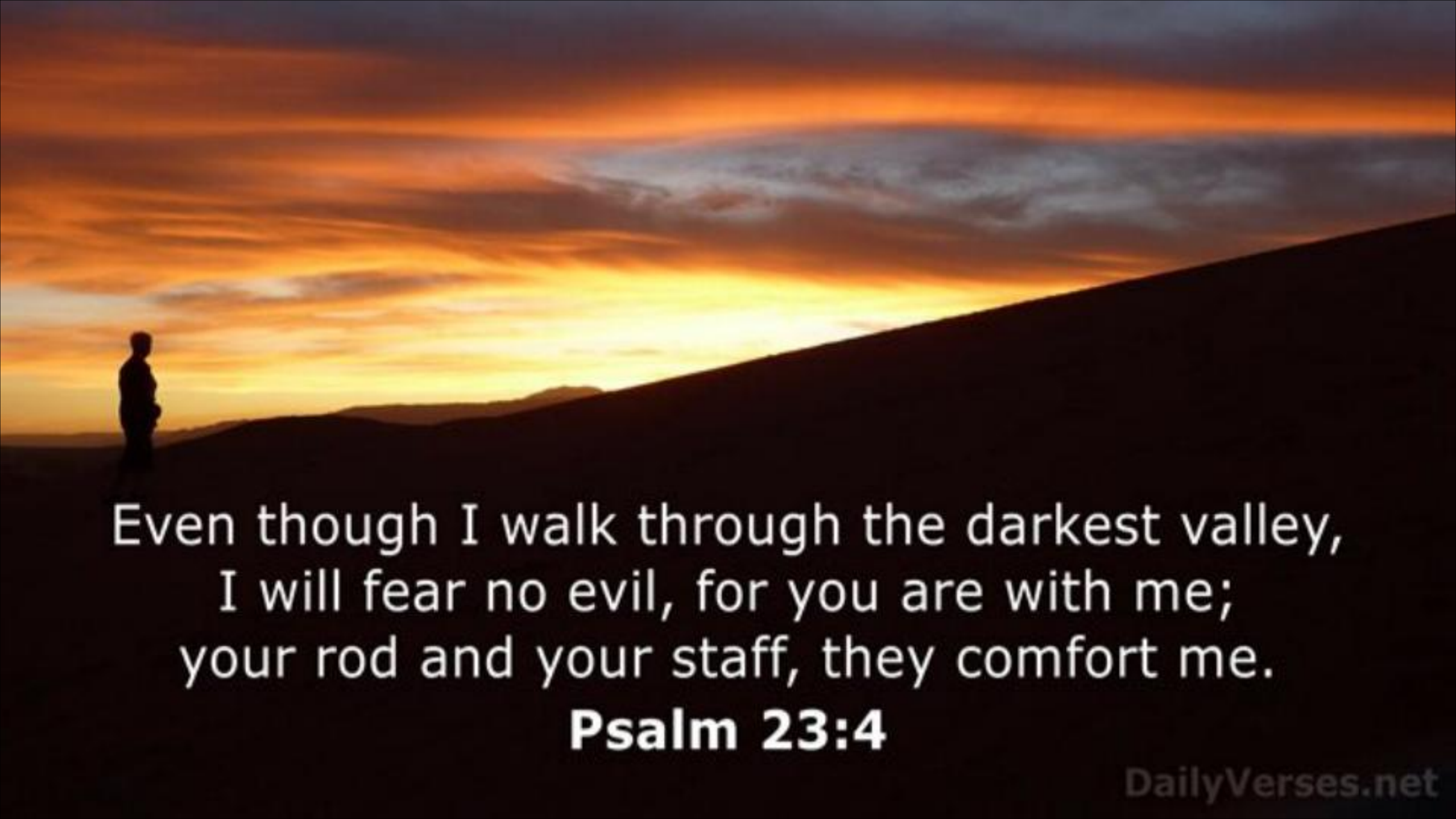
- there is light at the end of the tunnel
- God is light – and in Him there is no darkness

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.*



Even though I walk through the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

Psalm 23:4

A silhouette of a person standing on a hill against a sunset sky. The sky is filled with warm orange and yellow hues, transitioning into a darker blue at the top. The person is positioned on the left side of the frame, looking towards the right.

God's Got This!

God's Got Me!!

When I Can't See...

His Vision is Strong!!

Even though I am in the darkest valley,
I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

Psalm 23:4