



Passing Through Dark Valleys

pt 2

(Dealing with Adversity)

Psalm 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)

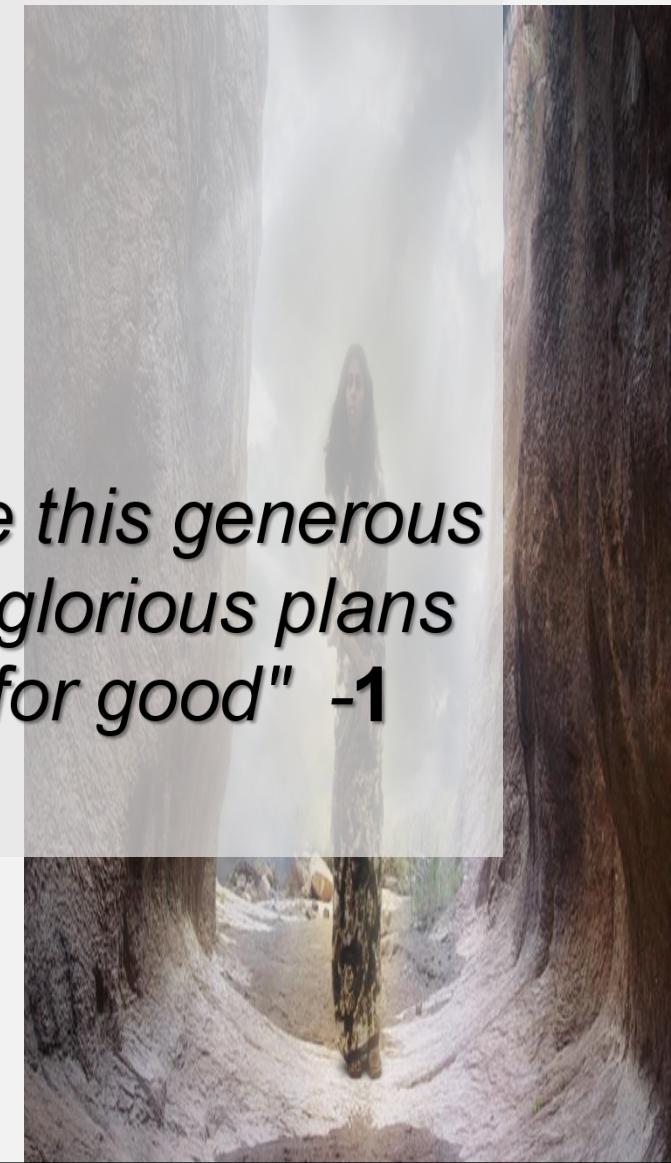
Dark Valleys Are...

- **Temporary**

Valleys...

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

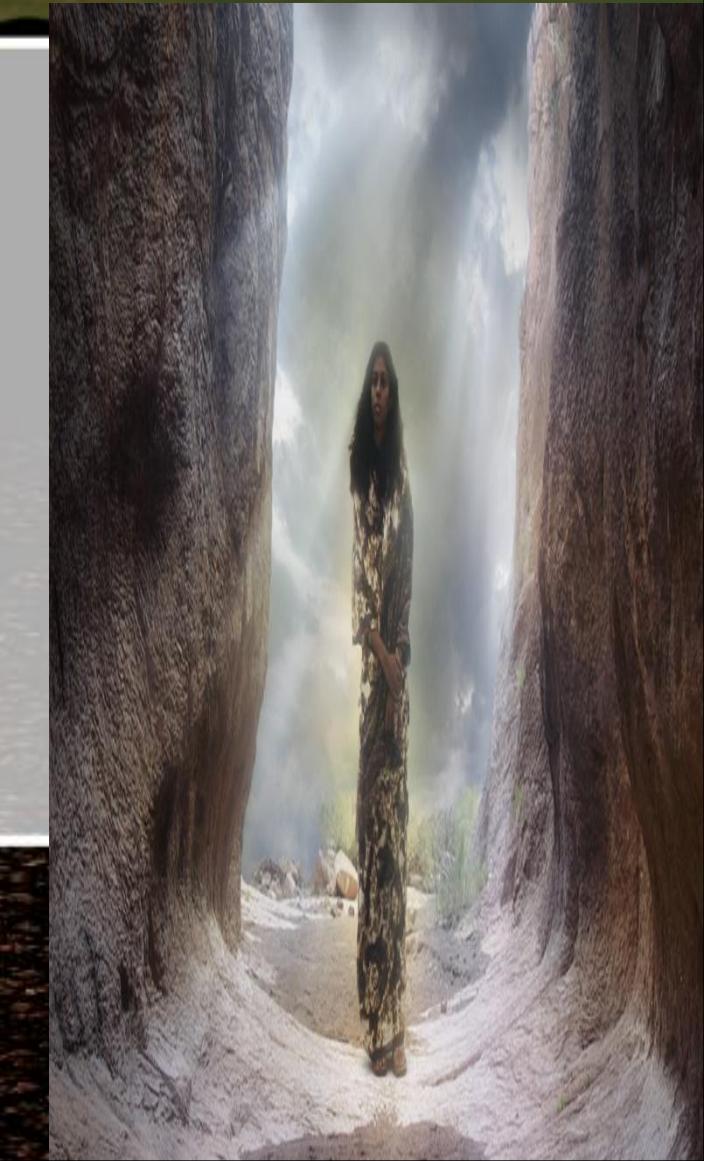
"The suffering won't last forever. It won't be long before this generous God who has great plans for us in Christ—eternal and glorious plans they are!—will have you put together and on your feet for good" -1 Peter 5:10 (MSG)



Dark Valleys Are...

GOD HAS A
GOOD PURPOSE
FOR YOUR VALLEY.

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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)

- Forge Your Character
- Change You, Mature You
- Faith Is Built In the Valleys of Life

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

SOUL

HE LEADS ME IN PATHS OF RIGHTEOUSNESS
EVEN THOUGH I WALK THROUGH THE
VALLEY OF THE SHADOW OF
DEATH

I WILL FEAR NO EVIL
THEY COMFORT ME
YOU ANoint MY HEAD WITH OIL
MY CUP OVERFLOWS
SURELY GOODNESS
SHALL FOLLOW ME
ALL THE DAYS
OF MY LIFE
AND I SHALL DWELL
IN THE HOUSE
OF THE LORD
FOREVER

FOR YOU ARE WITH ME
YOUR ROD AND YOUR STAFF
YOU PREPARE A TABLE BEFORE ME
IN THE PRESENCE OF MY ENEMIES

PSALM 23

THE BIBLE IS MY SUPERHERO

What Do You Do When... ...You Go Through Dark Valleys? (4)

○ Remain Calm- *“Even though I walk through the valley...”*

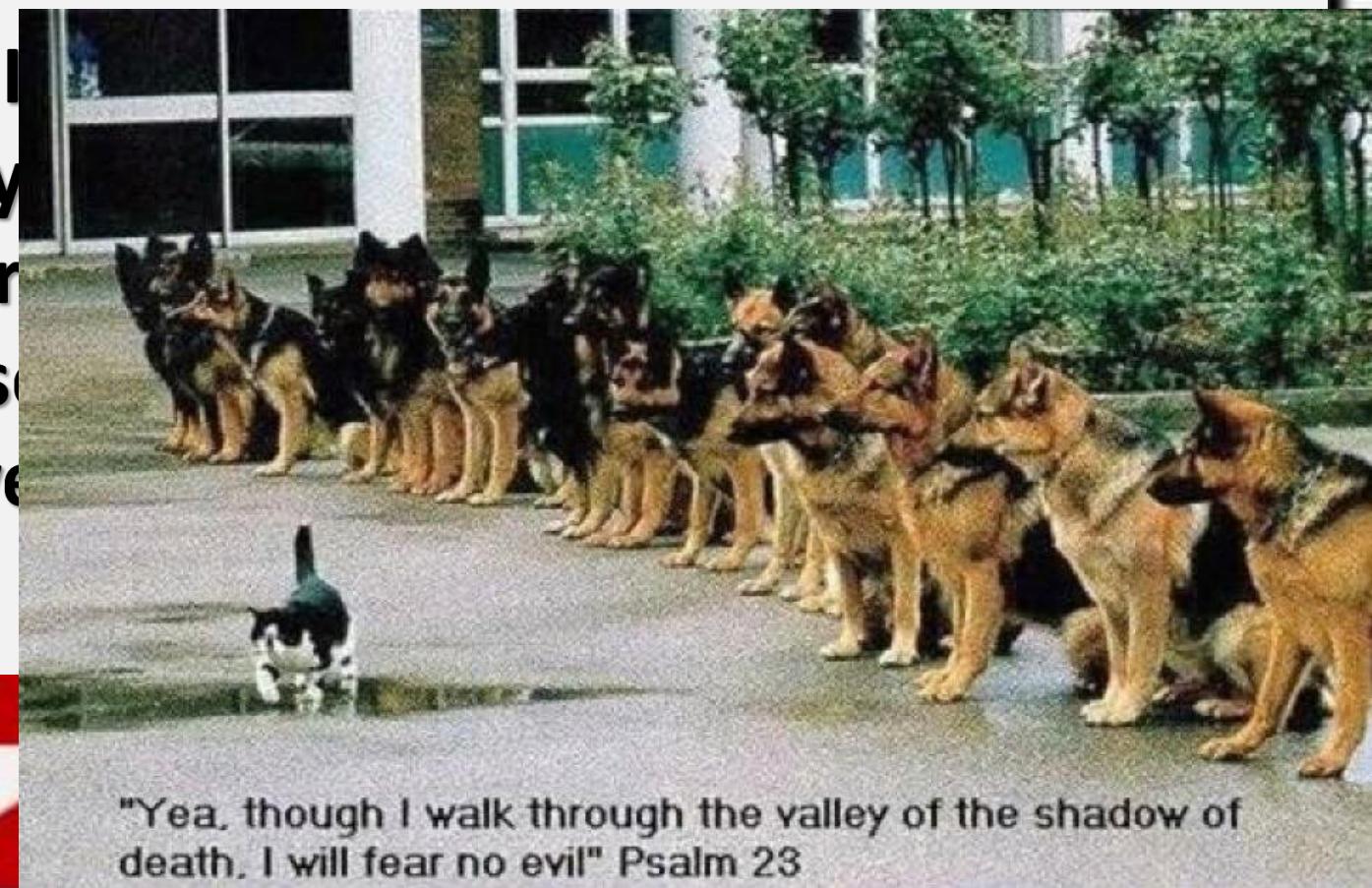
- *“I walk”* - not *“I run through it”* or *“I panic/ run the other way”*
- John 14:27 (AMP) ²⁷ Peace I leave with you; My [own] peace I now give *and* bequeath to you. Not as the world gives do I give to you. Do not let your hearts be troubled, neither let them be afraid. [Stop allowing yourselves to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

THE LORD IS MY SHEPHERD

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

FOR HIS NAME'S
VALLEY OF THE SHADOW OF
DEATH I WILL FEAR NO EVIL
THEY COMFORT ME
YOU ANoint my head with oil
MY CUP OVERFLOWS
SURELY GOODNESS
SHALL FOLLOW ME
ALL THE DAYS
THAT I SHALL DWELL
IN THE HOUSE
OF THE LORD
MY LIFE IS

FOR YOU ARE WITH ME
YOUR ROD AND YOUR STAFF ME
YOU PREPARE A TABLE BEFORE ME
IN THE PRESENCE OF MY ENEMIES

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”
- **Rest In God’s Presence**- “For You are with me”
- **God Promises to be with you Every Step of the Way**



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 - Exodus 33:14 (KJV)

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)

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.

**What Do You Do When...
...You Go Through Dark Valleys? (4)**



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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...

Psalm 23:4

Yea, though I walk

- **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



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



God's Got This!

God's Got Me!!

When I Can't See...

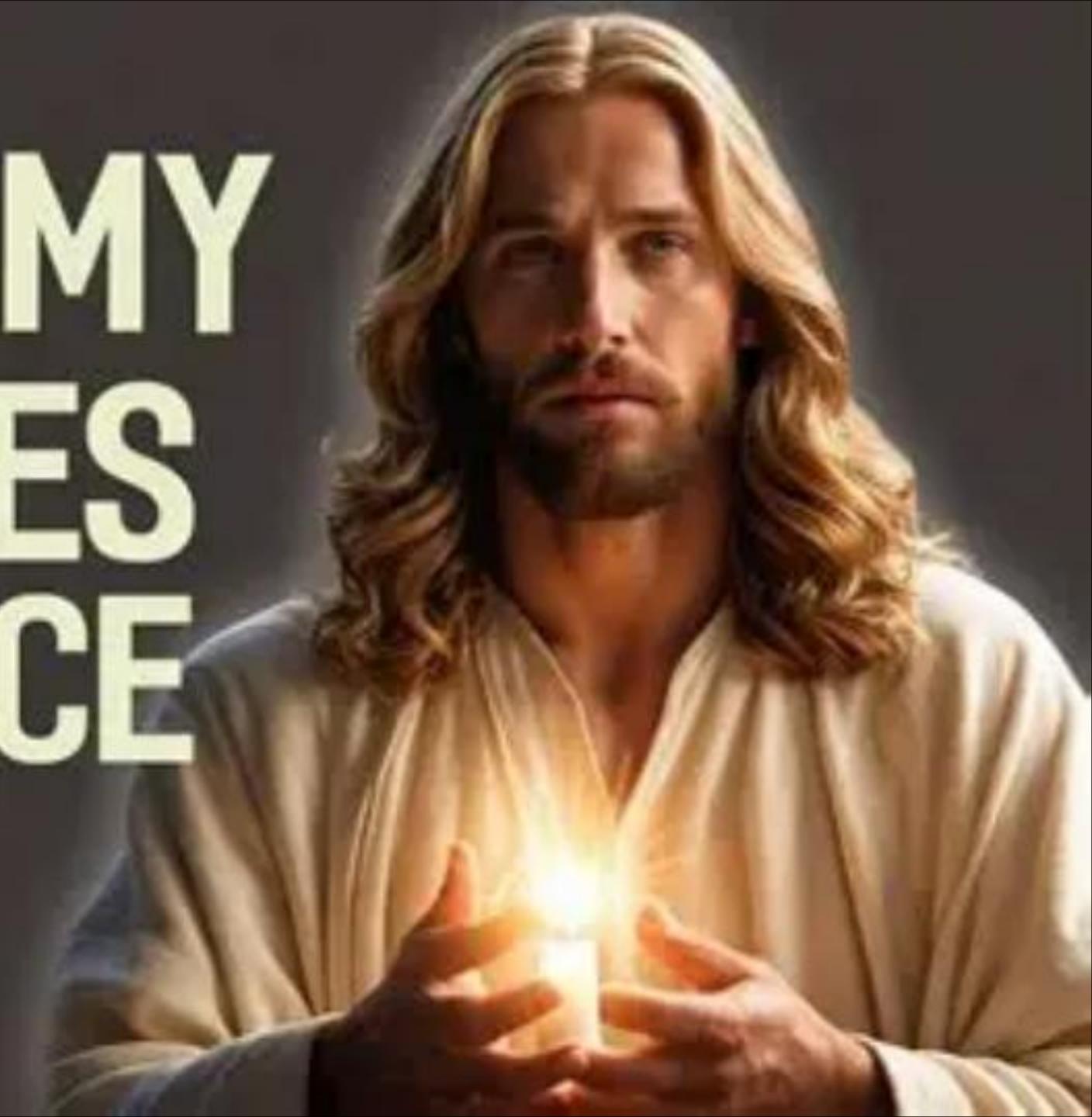
Even though

His Vision is Strong!!

I will fear no evil, for you are with me;
your rod and your staff, they comfort me.

Psalm 23:4

LEAN ON MY
PROMISES
FOR PEACE



GOD SACRED MESSAGE

LEAN ON MY PROMISES FOR PEACE

You Can't Break God's Promises By...
...Leaning On Them!



An out-of-towner drove his car into a ditch in a desolated area. Luckily, a local farmer came to help with his big strong horse, named Buddy. He hitched Buddy up to the car and yelled, "Pull, Nellie, pull!" Buddy didn't move.

Then the farmer hollered, "Pull, Buster, pull!" Buddy didn't respond.

Once more the farmer commanded, "Pull, Coco, pull!" Nothing.

Then the farmer nonchalantly said, "Pull, Buddy, pull!" And the horse easily dragged the car out of the ditch.

The motorist was most appreciative and very curious. He asked the farmer why he called his horse by the wrong name three times.

The farmer said, "Oh, Buddy is blind and if he thought he was the only one pulling, he wouldn't even try."