

“GOD’S ANTIDOTE FOR DARK VALLEYS”

Text: Psalm 23:4

Pastor Chuck

Sunday, October 16, 2016

Examples of Life’s Valleys

The Valley of Calamity - Josh 7:26 (LB)

The Valley of Weeping - Psalm 84:6 (LB)

The Valley of Trouble - Hosea 2:15 (NCV)

The Valley of Deep Darkness - Psalm 23:4 (Heb)

1. WHAT TO REMEMBER IN DARK VALLEYS

A. Valleys Are _____.

“In this world you will have trouble.” (John 16:33 NIV)

B. Valleys Are _____.

“Disaster follows disaster ... In an instant my tents are destroyed, my shelter falls in a moment.”

(Jer 4:20 LB)

C. Valleys Are _____.

“It rains on the just and the unjust too.” (Matt 5:45 LB)

D. Valleys Are _____.

“There is a wonderful joy ahead, even though the going is rough for a while down here.” (1 Peter 1:6 LB)

“Our troubles are short-lived and their outcome is an eternal glory which outweighs them all.”

(2 Cor 4:17 NEB)

E. Valleys Are _____.

“... at the present you may be temporarily harassed by all kinds of trials. This is no accident - it happens to prove your faith ...” (1 Peter 1:6b-7 PH)

2. WHAT TO DO IN DARK VALLEYS

A. Refuse _____.

“I WILL FEAR NO EVIL”

“God will strengthen you with His own great power so that you will not give up when trouble comes, but you will be patient.” (Col 1:11 NCV)

B. Remember _____.

“FOR YOU ARE WITH ME”

*“When you go through deep waters and great trouble,
I will be with you. When you go through rivers of
difficulty, you will not drown! When you walk through
the fire of oppression, you will not be burned up - the
flames will not consume you.” (Isa 43:2 LB)*

C. Rely On _____.

“YOUR ROD AND STAFF COMFORT ME”

*“The good man does not escape all troubles ... he has them
too. But the Lord helps him in each and every one.”
(Psalm 34:19 LB)*

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1. WHAT TO REMEMBER IN DARK VALLEYS

- A. Valleys Are ***Inevitable*** _____.
“In this world you will have trouble.” (John 16:33 NIV)
- B. Valleys Are ***Unpredictable*** _____.
“Disaster follows disaster ... In an instant my tents are destroyed, my shelter falls in a moment.”
(Jer 4:20 LB)
- C. Valleys Are ***Impartial*** _____.
“It rains on the just and the unjust too.” (Matt 5:45 LB)
- D. Valleys Are ***Temporary*** _____.
“There is a wonderful joy ahead, even though the going is rough for a while down here.” (1 Peter 1:6 LB)
“Our troubles are short-lived and their outcome is an eternal glory which outweighs them all.”
(2 Cor 4:17 NEB)
- E. Valleys Are ***Purposeful*** _____.
“... at the present you may be temporarily harassed by all kinds of trials. This is no accident - it happens to prove your faith ...” (1 Peter 1:6b-7 PH)

2. WHAT TO DO IN DARK VALLEYS

- A. Refuse ***To be discouraged*** _____.
“I WILL FEAR NO EVIL”
“God will strengthen you with His own great power so that you will not give up when trouble comes, but you will be patient.” (Col 1:11 NCV)

B. Remember ***That God is with me***.

“FOR YOU ARE WITH ME”

*“When you go through deep waters and great trouble,
I will be with you. When you go through rivers of
difficulty, you will not drown! When you walk through
the fire of oppression, you will not be burned up - the
flames will not consume you.” (Isa 43:2 LB)*

C. Rely On ***God’s protection and guidance***.

“YOUR ROD AND STAFF COMFORT ME”

*“The good man does not escape all troubles ... he has them
too. But the Lord helps him in each and every one.”
(Psalm 34:19 LB)*