

GETTING THROUGH DARK VALLEYS

OVERWHELMED: PART 5

May 24, 2020 | Pastor Brian

“Yea, 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, they comfort me.” (Psalm 23:4, NKJV)

WHAT I NEED TO KNOW ABOUT VALLEYS

1. VALLEYS ARE **UNAVOIDABLE**.

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

2. VALLEYS ARE **UNPREDICTABLE**.

“People can never predict when hard times might come...[they] are caught by sudden tragedy.” (Ecclesiastes 9:12, NLT)

3. VALLEYS ARE **IMPARTIAL**.

“It is like a person building a house who digs deep and lays the foundation on solid rock. When the floodwaters rise and break against that house, it stands firm because it is well built. But anyone who hears and doesn’t obey is like a person who builds a house right on the ground, without a foundation. When the floods sweep down against that house, it will collapse into a heap of ruins.” (Luke 6:48–49, NLT)

4. VALLEYS ARE **TEMPORARY**.

“Our suffering is light and temporary and is producing for us an eternal glory that is greater than anything we can imagine.” (2 Corinthians 4:17, GW)

5. VALLEYS ARE **PURPOSEFUL**.

“And we know that in all things God works for the good of those who love him, who have been called according to his purpose.” (Romans 8:28, NIV84)

WHAT TO DO IN THE VALLEYS

1. REFUSE TO **FEAR**.

“I will fear no evil”

“God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea,” (Psalm 46:1–2, NIV)

2. REMEMBER GOD’S **NEAR**.

“for You are with me”

“This is what the LORD says— he who created you...“Do not fear, for I have redeemed you; I have summoned you by name; you are mine. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. For I am the LORD your God, the Holy One of Israel, your Savior...” (Isaiah 43:1–3, NIV)

3. RELY ON HIS GEAR.

“Your rod and Your staff, they comfort me.”

“The Lord stands at your right hand to protect you.” (Psalm 110:5a, NLT)

“The LORD says, “I will guide you along the best pathway for your life. I will advise you and watch over you.” (Psalm 32:8, NLT)

Last Thought:

Everyone goes through valleys.
The difference for the believer is not the absence of the shadow,
but the presence of THE SHEPHERD.