

# ☑ Turn Your Valleys into Wells

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## Turn your Valleys into Wells

### Context:

#### I. Sonship: God's Plan and Eternal Purpose for us

- **The Bible**....The unfolding of God's purpose through History
  - All points to the person of Jesus Christ
  - He came to rescue and save us
  - He will come again to
  - OT gives natural pictures of spiritual realities
    - Israel in captivity and slavery to Egypt
- **Moses To Pharaoh:**
- Exo 4:23 *So I say to you, let My Son go that he may serve Me.*
  - "Son"....Heb. Ben...root Banah...a builder of the Father's house
- **We are Saved to become Sons and Daughters who serve our Father God**
  
- **Sonship Design (Taught and modelled by Jesus)**
- Jhn 17:3 *And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent.*  
Jhn 17:4 *I have glorified You on the earth. I have finished the work which You have given Me to do.*  
Jhn 17:5 *And now, O Father, glorify Me together with Yourself, with the glory which I had with You before the world was.*  
Jhn 17:6 *"I have manifested Your name to the men whom You have given Me out of the world. They were Yours, You gave them to Me, and they have kept Your word.*
- **Three Key Functions of Our Sonship**
  - **Relationship**.....
    - A living growing experiential knowledge
  - **Responsibility**.....
    - Extending the Kingdom of our Father in the earth
  - **Representation**....
    - Embracing change and transformation so we can represent our Father
- **Holy Spirit is given to mentor and tutor us in each area of our Sonship**
  - He is the Spirit of Adoption...the Spirit who prepares us and places us into Sonship

Rule creation

#### II. Issues of The Heart

- **Story:**
  - Tattoo on girls arm .....Grandfather...Loss..unresolved grief
  - Psa 147:3 *He heals the brokenhearted And binds up their wounds.*
- 1. **The Importance of the Heart**
- Prov.4:23 *Keep your heart with all diligence, For out of it spring the issues of life.*
  - Body , Soul, and Spirit are all closely connected and an issue causing pain in one area overflows and affects the other areas
  - Unresolved pain and sorrows that we carry leak from our life and undermine our strength
  - Developing a strong spirit requires that we also address issues that drain our energy and hinder our freedom
  - The life and expression of our spirit must flow through our heart and soul. Hindrances and brokenness in these areas block the flow in these areas drain our strength

Our heart is the centre of God's attention

#### 2. The Valley of Baca

- Psa 84:5 *Blessed is the man whose strength is in You, Whose heart is set on pilgrimage.*  
Psa 84:6 *As they pass through the Valley of Baca, They make it a spring; The rain also covers it with pools.*  
Psa 84:7 *They go from strength to strength; Each one appears before God in Zion.*
- **What is the Meaning of "Baca"**
  - *Baca means sorrow or weeping*
  - The valley of Baka represents grief and sorrow in our life that remains unresolved

- It keeps us in the valley of grief instead of progressing in our walk with The Lord
- **God does not intend us to remain in the *Valley of Weeping* but to process our sorrow and grow from Strength to Strength...Faith to Faith....Glory to Glory**

## II. Valleys in The Bible

### 1. What is the significance of a Valley?

- A valley is a low lying land between two mountains or High places
  - Valleys were **places that battles were fought** between the people of God and their enemies
  - Each valley mentioned in the Bible relates to **experiences** in life and where God teaches us lessons that empower us to grow from strength to strength
- **Valleys are difficult seasons that God uses to grow and develop our faith**
  - Inevitable
  - Challenging
  - Common to All people
  - Opportunities to encounter Jesus
- **Our dependency upon Him increases and our inner life and faith develops strength**

### 2. Valleys mentioned in the Bible

There are many valleys mentioned by name in the Bible

The names of the valley or the experience people in the Bible had there corresponds to experiences that we also can have in life

#### ○ Valley of Rephaim (2 Sam.5:18)

○ *Rephaim.....means giants*

- This valley represents an experience of fear and intimidation, where we see to be confronted by an undefeatable "Giant"
- Giants in life can seem big, overwhelming, intimidating.

#### ○ Valley of Dry Bones (Ezek.37:1)

○ *Dry Bones....A place of defeat and death, loss of hope and separation*

- "Very many, very dry"
- This valley represents an experience where we have lost hope and are separated from friends
- We have become spiritually dry

#### ○ Valley of Achor (Josh.7:26)

○ *Achor ....means trouble*

- This valley represents a painful experience where we have setbacks and trouble because of our sin or the sins of others against us
- The actions of others can cause great troubles in our life, injustice, setbacks

#### ○ Valley of Sorek (Jud.16:4)

○ *Sorek.....means choice vines, and was the place that Delilah came from to seduce Samson*

- In the valley of Sorek Samson became distracted from the call and purpose of God
- He fell asleep and became totally unaware of the danger he was in
- He lost not only his hair, his strength, his anointing, his vision, his freedom, his purpose
- He suffered deep pain and retreat at the betrayal and his own foolishness
- This valley represents any experience that has seduced us from the call of God and has cost us our strength and freedom and vision

#### ○ Valley of Hinnom (2Chron.28:3)

○ *Hinnom ....means lamentation or deep grief.*

- It was in this valley that children were offered to the false foreign god Molech
- Under the Spirit of Jezebel the whole nation of Israel became corrupted
- Children were literally sacrificed to appease the evil gods of prosperity
- This valley represents deep grief because of the loss of a child, or the consequences suffering caused by the presence of idols in our life upon our family

#### ○ Valley of Gerar(Gen.26:17)

○ *Gerar.....means dwelling place*

- It was in this valley that Isaac dug a well and there was great contention over the well
- A well is a source of water and life. It is symbolic of the Spirit of God
- This valley represents conflict and reactions by people to the move of the Spirit in our lives

#### ○ Valley of Decision (Joel.3:14)

○ This valley represents any experience where we have a major decision to make that affects the

course of our life

- There are not many decisions that we make that change the course of our life
- Before the decision we are uncertain, anxious and divided in our thoughts
- Power flows in our lives when we have made the decision.
- Biggest life changing decision that we can make is to become a follower of Christ

○ **Valley of Baca (Ps. 84:6)**

○ *Baca ....means weeping or tears*

- This valley represents an experience of grief or loss that deeply affects us
- There are so many ways that we experience grief and loss:
  - Family
  - Rejection and abandonment
  - Abuse
  - Betrayal
  - Death of a person, dream,
  - Loss
- During those seasons we are in a valley ...suffering with grief, pain, loss, offence, disappointment
- God does not want us to get stuck there. We are to pass through that valley..not dwell there
- God desires we trust Him and honestly face and resolve the pain and sorrow we have experienced
- He desires that we turn our valley into a Well

○ **What is a Well?**

○ A well is a source of life and refreshing for people

- Wells were places where people gathered for water and to connect

○ *2Co 1:3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort,*

*2Co 1:4 who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God.*

- *Comfort...Gk...parakaleo...to call near, to call alongside, to appeal to, encourage, comfort*

### III. **Reasons People get stuck in the “Valley of Weeping” experience**

1. **Denial**

- People refuse to face the impact of grief and disappointment and trauma in their lives
- They would rather deny, minimise reason away, and bitterly blame others than be honest about the pain they have experienced
- The pain is buried and its effects are controlled
- Sometimes this is because of the culture....family, church, local

2. **Grief**

- Grief is the process of acknowledging painful loss and accepting the change
- There are multiple sources of grief, frequently as a result of experiences with people
- When we fail to resolve grief, familiar circumstances can trigger the grief and we overreact
- Admitting our grief, grieving openly and releasing it to The Lord releases the grace of God which frees us from the pain and sorrow and fears we have carried

3. **Unforgiveness**

- Unforgiveness is a decision to hold a debt against someone who has hurt us. You owe me!
- Unforgiveness locks us into the pain of the sins of others against us and opens the door to tormenting spirits
- A Decision to forgive will release the grace of God to cause us to grow stronger

4. **Bitter Judgments**

- These are personal judgments or deep seated opinions of conclusions that we form about others and ourselves because of the pain we have experienced
- These judgments cause us to reap in our lives the very judgments that we have made against others
- Renouncing and Releasing all judgments against people will release the grace of God to us and enable us to break free of the cycles of destruction
- This is especially important in relationship to parents (Eph.6:2-3)

5. **Inner Vows**

- These are promises that we make to ourselves to protect ourselves from further hurt and

pain

- They usually take the form: *"I will never.....be like my father, marry someone like my father etc."*
- Renouncing and repenting of inner vows will release the grace of God to us and set us free to open our heart to love

#### 6. **False Burdens**

- False Burdens refers to responsibilities that's e have taken up in response to painful experiences that we have had with people close to us, usually family who have failed us
- People pick up responsibilities that belong to others, and which they have neglected.
- Frequently this is because of fear and desire to control further pain, or because others have placed an ungodly expectation upon them
- People with False Burdens become rescuers and bury their own needs behind service to others
- Repenting and forgiving those involved releases the grace of God to bring freedom from the burden and the grief with it

#### 7. **Trauma Impact**

- A Trauma is an experience that overwhelms us emotionally and leaves a lasting impact upon us
- Examples
- Unresolved trauma experiences leave people open to demonic torment and grief
- When traumas are faced and resolved we can come out of the valley experience we have lived in

#### 8. **Injustice**

- Experiences of injustice leave deep grief in the lives of people and tendencies to react in anger or sorrow at any future experiences of injustice
- Admitting the injustice, forgiving and letting it go to The Lord makes room for the grace of God to free us from this valley

#### 9. **False Comforts**

- A False Comfort is anything that we turn to to self medicate pain and grief that we are feeling
- False comforts can turn into costly and addictive distractions from resolving the sorrow of injustice
- Admitting the injustice and sorrow, grieving the loss and repenting from the false responsibility can release the grace of God to free us from this valley

### IV. **Moving From Strength to Strength**

#### 1. **God intends us to pass through valleys, and grow ...not remain in them**

- *Psa 84:5 Blessed is the man whose strength is in You, Whose heart is set on pilgrimage.*  
*Psa 84:6 As they **pass through** the Valley of Baca, **They make it a spring**; The rain also covers it with pools.*  
*Psa 84:7 They **go from strength to strength**; Each one appears before God in Zion.*
  - *"Pass through"....to pass over, emigrate, leave a territory, make something obsolete, invalid*
  - We are to pass through the valley experience , not remain in it
  - We are to lean into God, embrace His process, and resolve the issues that drain our strength

#### 2. **Don't be passive!....**

- Passive people offer no resistance or fight.
- Passive people behave like victims, powerless and resigned to whatever happens
- *Heb 11:34 Men of Faith who trusted God .....*  
*.....out of weakness were made strong, became valiant in battle, turned to flight the armies of the aliens.*

#### • **What to Do?**

##### ○ **Jesus Carried our Grievs and Sorrows on the Cross**

#### 1. **Pray!....Surrender Control to The Lord**

- *Psa 84:5 Blessed is the man whose strength is in You,*
  - *Strength....the ability to prevail, to gain the victory*
  - Our biggest issue is independence. We try to take control and seek to save ourselves
  - We need to choose to Surrender control to the Lord
  - Invite Holy Spirit to bring to the surface the hidden issues of the heart
  - Choose to Believe God...To trust Him in the pain

- Acknowledge the accumulated and hidden core pain
- When we bury, hide and control our pain we are inviting controlling demons to enter and gain a hold over us that will affect our life and relationships
- Psa 147:3 *He heals the brokenhearted And binds up their wounds.*
  - Pain, injury, sorrow , wound....also **idol**
  - Wounds in our heart can become idols of the heart that we serve

**2. Embrace God's Process for Healing**

- Psa 84:5 ..... *Whose heart is set on pilgrimage.*
  - *Pilgrimage means a journey, or a process*
  - To set our heart on pilgrimage means to embrace God's process of healing
  - Come to Him and trust Him with the injustice and wound

**How to Turn Your Valley into a Well**

- **Acknowledge** the hidden pain
- **Grieve openly** and release it to The Lord
- **Forgive people from the heart** by a conscious decision to let go all debt
- **Release the Injustice** to The Lord to address
- **Renounce and cancel** any inner vows or bitter judgments, or ungodly attachments
- **Bless those who hurt you**

**3. Testify to Others What God has Done**

- Psa 84:6 *As they pass through the Valley of Baca, They make it a spring;*
  - *A spring is a well or place of life and refreshing for people to come*
  - When we encounter God's healing presence and love, our sorrow is healed
  - When we testify to others what God has done and comfort them in their distress we have made our valley into a well or spring
  - Your breakthrough is not just for you!....blessed to be a blessing
- Psa 84:7 *They go from strength to strength*
  - What our enemy has intended for evil God has turned for good
  - We grow from strength to strength when we process painful experiences
  - Our faith also goes from strength to strength, from faith to faith

**V. In What valley have you become stuck?**