

**BREAK  
OUT**

**2023**

**James 1:2–4 (NKJV)** — “My brethren, count it all joy when you fall into various trials, **3** knowing that the testing of your faith produces patience. **4** But let patience have its perfect work, that you may be perfect and complete, lacking nothing.”

# BREAK OUT

**01 - VALLEY OF CRISIS**

# BREAK OUT

## **02 - VALLEY OF TEARS**

**Psalm 84:5–8 (NKJV)** — “Blessed is the man whose strength is in You, **Whose heart is set on pilgrimage. 6** **As they pass through the Valley of Baca, They make it a spring**; The rain also covers it with pools. **7** They go from strength to strength; Each one appears before God in Zion. **8** O LORD God of hosts, hear my prayer; Give ear, O God of Jacob! Selah”



**Psalm 84 is About Journeying to the Tabernacle**



# The Valley of Baca

# The Valley of Baca

- (HEB) “weeping”
- Hard and difficult to pass through
- Not an easy road to walk on

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**2023**

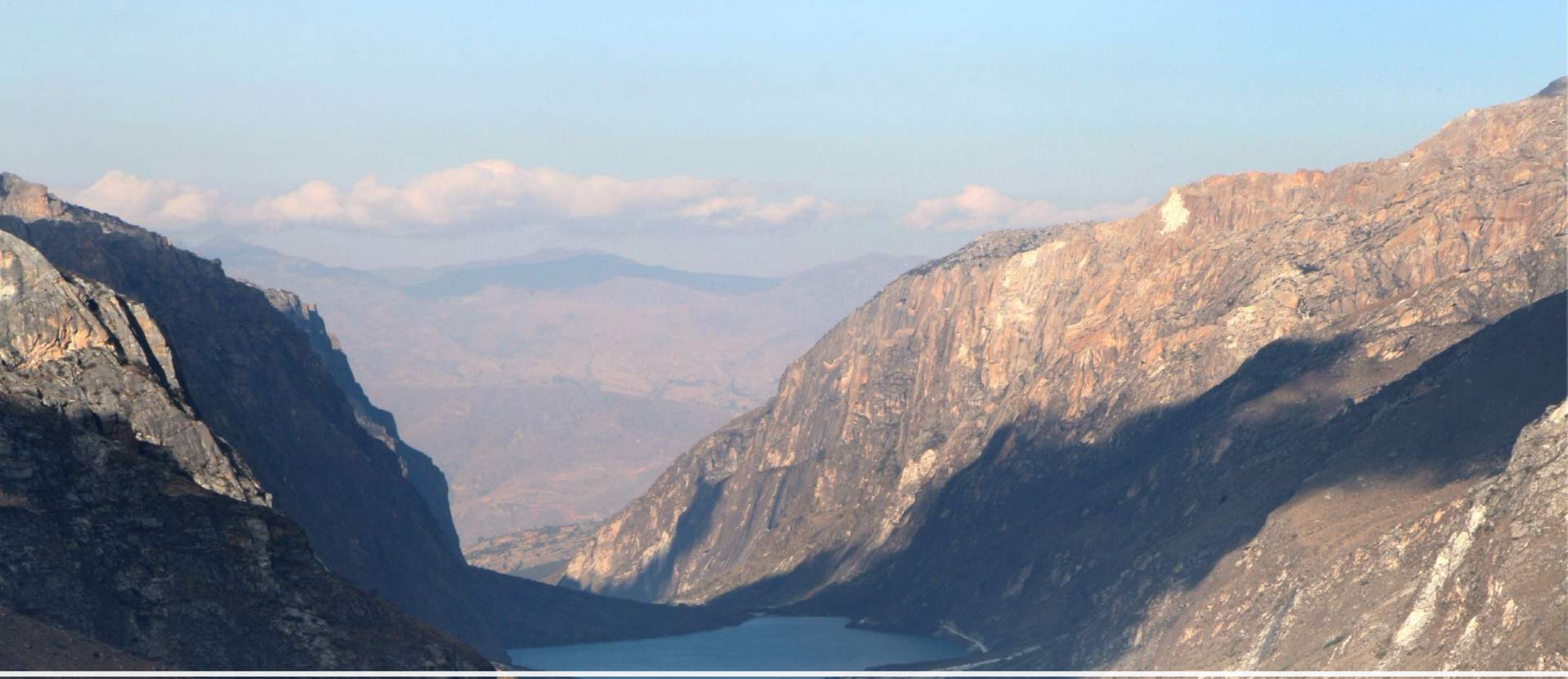


**Psalm 13:1–2 (NLT)** — “O LORD, how long will you forget me? Forever? How long will you look the other way? **2** How long must I struggle with anguish in my soul, with sorrow in my heart every day? How long will my enemy have the upper hand?”

**Psalm 31:9 (NLT)** — “Have mercy on me, LORD, for I am in distress. Tears blur my eyes. My body and soul are withering away.”

**Psalm 30:5 (NLT)** — “For his anger lasts only a moment, but his favor lasts a lifetime! Weeping may last through the night, but joy comes with the morning.”

**Romans 8:18 (NLT)** — “Yet what we suffer now is nothing compared to the glory he will reveal to us later.”



**Valleys are a Part of the Christian Experience**



# BREAK OUT

## ***02 - VALLEY OF TEARS***

**1. Set My Mind and Heart to Break Out**

# Setting Your Heart/Mind:

- Not settling until reaching the Lord
- Not living as a victim
- Not living in a Valley of Tears
- Not being defined by pain in life

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**Genesis 32:26 (NKJV)** — “And He said, ‘Let Me go, for the day breaks.’ But he said, ‘I will not let You go unless You bless me!’”

**Jacob  
Wouldn't Let  
Go Until God  
Blessed Him**



**Do you SETTLE way before  
you meet with God?**



DZ177



**Romans 8:5 (NKJV)** — “For those who live according to the flesh **set their minds** on the things of the flesh, but those who live according to the Spirit, the things of the Spirit.”

**Colossians 3:1–2 (NKJV)** — “If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. **2 Set your mind** on things above, not on things on the earth.”

**1 Peter 1:13 (NKJV)** — “Therefore **gird up the loins of your mind (NIV ‘prepare your minds for action’)**, be sober, and rest your hope fully upon the grace that is to be brought to you at the revelation of Jesus Christ”

**1 Chronicles 22:19 (NKJV)** — “Now **set your heart** and your soul to seek the LORD your God.”



**When you set  
your mind on  
something, the  
Devil will try to  
distract you.**

# BREAK OUT

## ***02 - VALLEY OF TEARS***

### **2. I Need to Dig a Well**

**Psalm 84:6 (NKJV)** — “As they pass through the Valley of Baca, **They make it a spring**; The rain also covers it with pools.”

**Psalm 84:6 (KJV)** — “Who passing through the valley of Baca **make it a well**; The rain also filleth the pools.”

**Don't Give Up – DIG A WELL!!!**



**“And in that day** (when you are passing through the valley of weeping) you will say: “O LORD, **I will praise You**; Though You were angry with me, Your anger is turned away, and **You comfort me.** **2** Behold, God is my salvation, **I will trust and not be afraid; ‘For YAH, the LORD, is my strength and song**; He also has become my salvation (when you are passing through the valley of weeping).” **3** Therefore with joy you will draw water

**Isaiah 12:1-6 (NKJV)**

From the wells of salvation. **4** And in that day (when you are passing through the valley of weeping) you will say: “Praise the LORD, **call upon His name; Declare His deeds among the peoples, Make mention that His name is exalted.** **5** Sing to the LORD, (when you are passing through the valley of weeping) For He has done excellent things; This is known in all the earth. **6 Cry out and shout,** O inhabitant of Zion, For great is the Holy One of Israel in your midst!”

**Isaiah 12:1-6 (NKJV)**



# Common Thread in Isaiah 12

- I will **PRAISE...**
- I will **TRUST...**
- I will **CALL ON HIS NAME...**
- I will **GIVE MY TESTIMONY...**
- I will **MAKE MENTION OF THE LORD'S NAME...**

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**Psalm 19:14 (NKJV)** — “Let **the words of my mouth** and the meditation of my heart Be acceptable in Your sight, O LORD, my strength and my Redeemer.”

**Psalm 141:3 (NKJV)** — “Set a guard, O LORD, **over my mouth**; Keep watch over the door of **my lips**.”

**Proverbs 10:19 (NLT)** — “Too much talk leads to sin. Be sensible and keep **your mouth** shut.”

**Proverbs 13:3 (NLT)** — “Those who control their **tongue** will have a long life; opening **your mouth** can ruin everything.”

**Proverbs 18:21 (NLT)** — “The **tongue** can bring death or life; those who love to talk will reap the consequences.”

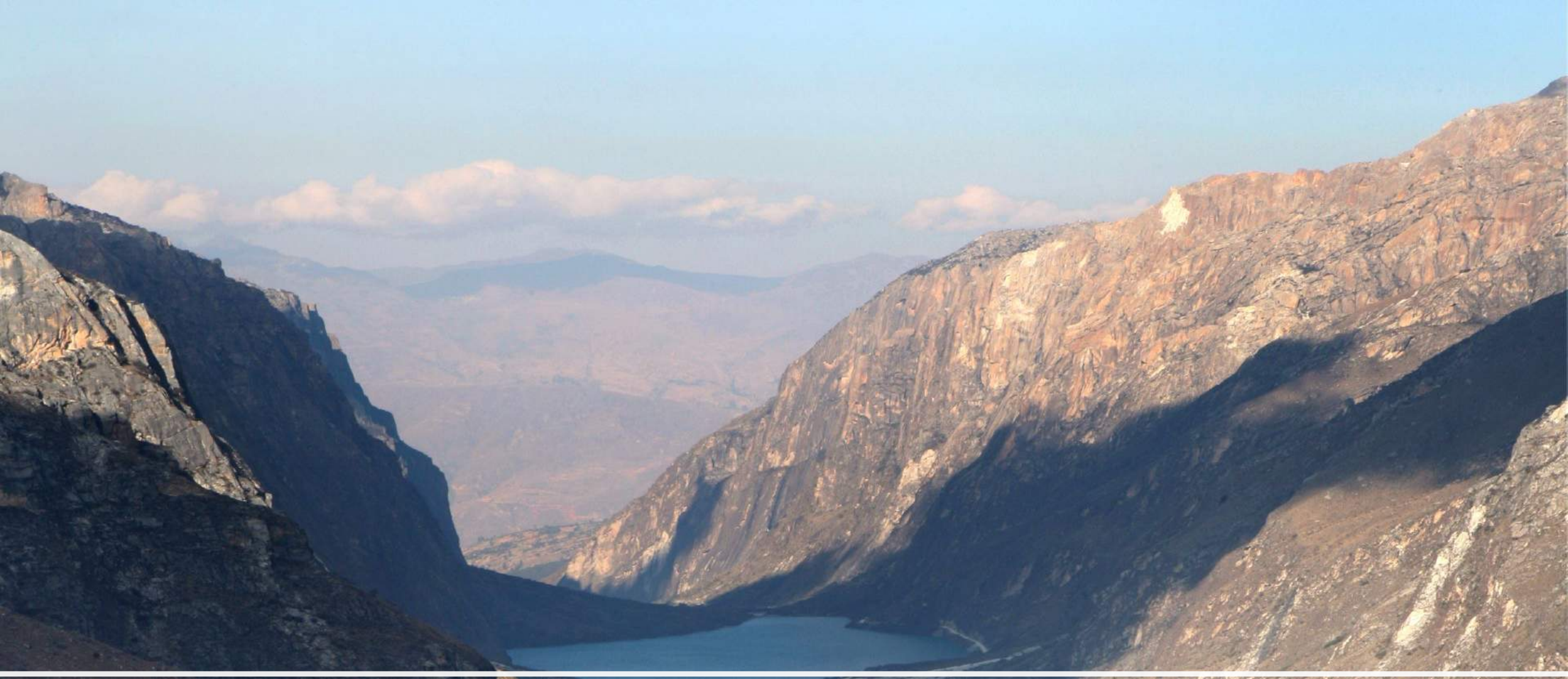
**Proverbs 21:23 (NLT)** — “Watch **your tongue** and keep **your mouth** shut, and you will stay out of trouble.”

**Matthew 15:11 (NLT)** — “It’s not what goes into **your mouth** that defiles you; you are defiled by the words that come out of **your mouth.**”

**Ephesians 4:29 (NLT)** — “Don’t use foul or abusive language. Let everything **you say** be good and helpful, so that **your words** will be an encouragement to those who hear them.”

**James 3:3–6 (NLT)** — “We can make a large horse go wherever we want by means of a small bit in its **mouth**. **4** And a small rudder makes a huge ship turn wherever the pilot chooses to go, even though the winds are strong. **5** In the same way, the **tongue** is a small thing that makes grand speeches. But a tiny spark can set a great forest on fire. **6** And among all the parts of the body, the **tongue** is a flame of fire. It is a whole world of wickedness, corrupting your entire body. It can set your whole life on fire, for it is set on fire by hell itself.”

**1 Peter 3:10 (NLT)** — “For the Scriptures say, ‘If you want to enjoy life and see many happy days, keep **your tongue** from speaking evil and **your lips** from telling lies.’”



**Getting Out of Valleys Requires Praise & Worship**



**Psalm 66:1 (KJV 1900)** — “Make a joyful noise unto God, all ye lands”

**Psalm 81:1 (NKJV)** — “Sing aloud to God our strength; Make a joyful shout to the God of Jacob.”

**Psalm 95:1 (NKJV)** — “Oh come, let us sing to the LORD! Let us shout joyfully to the Rock of our salvation.”



**Psalm 95:2 (NKJV)** — “Let us come before His presence with thanksgiving; Let us shout joyfully to Him with psalms.”

**Psalm 98:4 (NKJV)** — “Shout joyfully to the LORD, all the earth; Break forth in song, rejoice, and sing praises.”

**Psalm 98:6 (NKJV)** — “With trumpets and the sound of a horn; Shout joyfully before the LORD, the King.”

**Psalms 100:1 (NKJV)** — “Make a joyful shout to the LORD, all you lands!”

**Isaiah 12:6 (NKJV)** — “Cry out and shout, O inhabitant of Zion, For great is the Holy One of Israel in your midst!”

**John 4:14 (NKJV)** — “but whoever drinks of the water that I shall give him will never thirst. But the water that I shall give him **will become in him a fountain of water springing up into everlasting life.**”



SPRING UP,  
O WELL.\*

**Numbers 21:17 (NLT)** — “There the Israelites sang this song: ‘**Spring up, O well!** Yes, sing its praises!’”

# BREAK OUT

## *02 - VALLEY OF TEARS*

### **3. I Need to Lean on the Lord**

**Psalm 121:1–2 (NKJV)** — “I will lift up my eyes to the hills—From whence comes my help? **2 My help comes from the LORD,** Who made heaven and earth.”

**Isaiah 40:31 (NKJV)** — “But those who wait on the LORD  
Shall renew their strength; They shall mount up with  
wings like eagles, They shall run and not be weary, They  
shall walk and not faint.”



# “wait”

- (HEB) - “qawa”
- to be attached to
- to gather to

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**Psalm 84:7 (NKJV)** — “They go from strength to strength; Each one appears before God in Zion.”

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