

TOO BLESSED TO BE STRESSED...

By the Dark Valleys of Life

Psalm 23 (Pew Bible Page 392)

"Even though I walk through the dark 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

Examples of Life's Valleys

The Valley of Calamity—Joshua 7:26

The Valley of Weeping—Psalm 84:6

The Valley of Trouble—Hosea 2:15

The Valley of Deep Darkness—Psalm 23:4

WHAT TO REMEMBER IN DARK VALLEYS

1. VALLEYS ARE **INEVITABLE**
"In this world you will have trouble..." John 16:33 (NIV)
2. VALLEYS ARE **UNPREDICTABLE**
"Disaster follows disaster...In an instant my tents are destroyed, my shelter falls in a moment"
Jeremiah 4:20 (LB)
3. VALLEYS ARE **IMPARTIAL**
"It rains on the just and the unjust too" Matthew 5:45 (LB)
4. 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 Corinthians 4:17 (NEB)
5. VALLEYS ARE **PURPOSEFUL**
"...at the present you may be temporarily harassed by all kinds of trials. This is not accident—it happens to prove your faith..." 1 Peter 1:6-7 (Ph)

WHAT TO DO IN DARK VALLEYS

1. 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 troubles come, but you will be patient." Colossians 1:11 (NCV)

2. 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." Isaiah 43:2 (LB)

3. RELY ON GOD'S PROTECTION AND GUIDANCE

"YOUR ROD AND STAFF WILL 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)