

In the Valley – Outline

I. Introduction – Life is full of Valleys. How do we cope with them?

II. How do we get into Valleys?

- a. Sometimes, it is because of our own sin.

Psalm 25 – In you, Lord my God, I put my trust. I trust in you; do not let me be put to shame, nor let my enemies triumph over me. No one who hopes in you will ever be put to shame, but shame will come on those who are treacherous without cause. Show me your ways, Lord, teach me your paths. Guide me in your truth and teach me, for you are God my Savior, and my hope is in you all day long.

Remember, Lord, your great mercy and love, for they are from of old. Do not remember the sins of my youth and my rebellious ways; according to your love remember me, for you, Lord, are good. Good and upright is the Lord; therefore he instructs sinners in his ways. He guides the humble in what is right and teaches them his way. All the ways of the Lord are loving and faithful toward those who keep the demands of his covenant.

For the sake of your name, Lord, forgive my iniquity, though it is great. Who, then, are those who fear the Lord? He will instruct them in the ways they should choose. They will spend their days in prosperity, and their descendants will inherit the land. The Lord confides in those who fear him; he makes his covenant known to them. My eyes are ever on the Lord, for only he will release my feet from the snare. Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and free me from my anguish. Look on my affliction and my distress and take away all my sins. See how numerous are my enemies and how fiercely they hate me! Guard my life and rescue me; do not let me be put to shame, for I take refuge in you. May integrity and uprightness protect me, because my hope, Lord, is in you. Deliver Israel, O God, from all their troubles!

- b. Sometimes, it is just part of the journey. (We all experience trials. Jesus experienced trials. Trials help us to grow as believers.)
- c. Sometimes, God uses valleys to draw us closer to Him. (Seeing the light from the darkness analogy.)

III. What do we do when we're in a Valley?

Psalm 121 – I lift up my eyes to the mountains—where does my help come from? My help comes from the Lord, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; indeed, he who watches over Israel will neither slumber nor sleep. The Lord watches over you—the Lord is your shade at your right hand; the sun will not harm you by day, nor the moon by night. The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore.

- a. Cry out to the Lord. Don't be so proud as to walk alone!
- b. Don't look down, look up for your comfort and wisdom.

Psalm 43:5 – Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

i. Hebrew of downcast – to sink...

- c. Don't look at where you are, look at where you're going.
- d. Don't stare into the shadows. Stare into the light.
- e. What valleys have you experienced in your life? Did God get you through them?

Psalm 23 – The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

- f. This Psalm is commonly used in funerals. Why? Because it is comforting.
- g. Keep Moving! David WALKS through the valley.
- h. We are reassured that God is with us.
- i. Even when we are in the valleys, our cup overflows.
- j. We are reminded that His love is perpetual.
- k. We are reminded of our inevitable salvation.

IV. Remember that Christ made a Way Out.

John 16:31-33 – “Do you now believe?” Jesus replied. “A time is coming and in fact has come when you will be scattered, each to your own home. You will leave me all alone. Yet I am not alone, for my Father is with me. “I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.”

- a. Jesus warned them of a valley they would enter.
- b. Jesus reminded them that the Father was with Him. Do you believe God is with you also?
- c. While we are assured of trouble in this world, when we follow Jesus, we too can overcome the world as He did.

V. Summary – Regardless of why you are in the valley, remember the following:

- a. Cry out to the Lord. Don't be so proud as to walk alone!
- b. Don't look down, look up for your comfort and wisdom.
- c. Don't look at where you are, look at where you're going.
- d. Don't stare into the shadows. Stare into the light.
- e. Keep Moving! David WALKS through the valley.
- f. We are reassured that God is with us.
- g. Even when we are in the valleys, our cup overflows.
- h. We are reminded that His love is perpetual.
- i. We are reminded of our inevitable salvation.
- j. While we are assured of trouble in this world, when we follow Jesus, we too can overcome the world as He did.

VI. Prayer

VII. Invitation