

SURVIVING MY DARK VALLEYS

Staying Strong No Matter What – Pt. 1

Psalm 23:4 (NIV)

CrossWord Christian Church

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June 4, 2017

“All things work together for good for those that love God and have been called according to His purpose.” Romans 8:28 (NIV)

“Even 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 (NIV)

Examples of Life's Valleys

The Valley of Calamity -- Josh. 7:26 (TLB)

The Valley of Weeping -- Ps. 84:6 (TLB)

The Valley of Trouble -- Hosea 2:15 (TLB)

The Valley of Deep Darkness -- Ps. 23:4 (NIV)

I. WHAT TO REMEMBER IN DARK VALLEYS

1. VALLEYS ARE UNAVOIDABLE

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

2. VALLEYS ARE UNPREDICTABLE.

“Disaster follows disaster... In an instant my tents are destroyed, my shelter falls in a moment.” Jer. 4:20 (NIV)

3. VALLEYS ARE IMPARTIAL.

“(It) rains on the just and the unjust too.” Mt. 5:45c (TLB)

4. VALLEYS ARE TEMPORARY.

“There is a wonderful joy ahead, even though the going is rough for a while down here.” 1 Peter 1:6b (TLB)

5. VALLEYS ARE A PART OF GOD’S PLAN.

“... at the present you may be temporarily harassed by all kinds of trials. This is no accident -- it happens to prove your faith...” 1 Peter 1:6b-7 (PH)

*Every problem has a reason. *Your faith becomes real in the valleys of life.

II. 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." Col 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."
Is. 43:2 (TLB)

3. RELY ON GOD'S PROTECTION AND GUIDANCE.

"YOUR ROD AND YOUR STAFF COMFORT ME"

"The good man does not escape all troubles -- he has them too. But the Lord helps him in each and every one." Ps. 34:19 (TLB)

"When I'm in a Dark Valley I must Read and Speak the Word of God."