

1 The LORD is my shepherd; I have all that I need. 2 He lets me rest in green meadows; he leads me beside peaceful streams. 3 He renews my strength. He guides me along right paths, bringing honor to his name. 4 Even when I walk through the darkest valley, I will not be afraid, for you are close beside me...Psalm 23:1-4 (NLT)

28 God said, "Because the Syrians think that I am only the god of the hills and not that I AM THE GOD OF THE VALLEYS, I'm going to give you victory over this huge army so everyone will know that I am the Lord!" 1 Kings 20:28 (NIV)

Here's what we know about valleys:

- Valleys are a part of life.

"The Promised Land you are about to enter is a land of hills and valleys . . ." Deuteronomy 11:11 (NLT)

12 Don't be surprised when you are tested by troubles or painful suffering, as if something unusual is happening to you. 1 Peter 4:12 (TEV)

- Valleys happen to everyone.

45 For he (God) gives his sunlight to both the evil and the good, and he sends rain on the just and the unjust alike. Matthew 5:45 (NLT)

19 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 (TLB)

- Valleys happen when we don't expect them.

1 Never boast about tomorrow. You don't know what will happen between now and then. Proverbs 27:1 (TEV)

- Valleys are temporary.

6 So be truly glad! There is wonderful joy ahead, even though the going is rough for a while down here. 1 Peter 1:6(TLB)

- Valleys are where we grow.

6 ...even though you have to suffer different kinds of trouble for a little while now. 7 The purpose of these troubles is to test your faith as fire tests how genuine gold is. Your faith is more precious than gold, and by passing the test, it gives praise, glory, and honor to God. This will happen when Jesus Christ appears again. 1 Peter 1:6-7 (GWT)

2 ...when troubles come your way, consider it an opportunity for great joy. 3 For you know that when your faith is tested, your endurance has a chance to grow. 4 So let it grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing. James 1:2-4 (NLT)

When you walk through a dark valley you don't need to know about God, you need to Know God.

1 My God, my God, why have you abandoned me? Why are you so far away when I groan for help? 2 Every day I call to you, my God, but you do not answer. Every night you hear my voice, but I find no relief. Psalm 22:1-2 (NLT)

- Let your doubts drive you to God.

- A believer can both wrestle with honest questions and embrace a genuine faith in God.

22 ... If you can do anything, do it. Have a heart and help us!" 23 Jesus said, "If? There are no 'ifs' among believers. Anything can happen." 24 No sooner were the words out of his mouth than the father cried, "Then I believe. Help me with my doubts!" Mark 9:22-24 (MSG)

What To Remember In the Valley:

- Remember that God is with me.

"Even when I walk through the Valley of the Shadow of Death, I will fear no evil, for you are with me!" Psalm 23:4

"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 (TLB)

As for me, God's presence is all I need! I've made the sovereign Lord my shelter. Psalm 73:28

- Remember the process connects us to God.

"We can even rejoice in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and that kind of hope does not disappoint us, because God has poured his love into our hearts." Romans 5:3-5

- Remember God's reward is coming.

17 These troubles and sufferings of ours are, after all, quite small and won't last very long. Yet this short time of distress will result in God's richest blessing upon us forever and ever! 2 Corinthians 4:17 (TLB)

"I will transform the Valley of Trouble into a Gateway of Hope!" Hosea 2:15 (NLT)



TO CREATIVELY LOVE AND LEAD PEOPLE IN A GROWING RELATIONSHIP WITH JESUS.

Questions for Connection Groups:

These questions also work well for personal time with God.

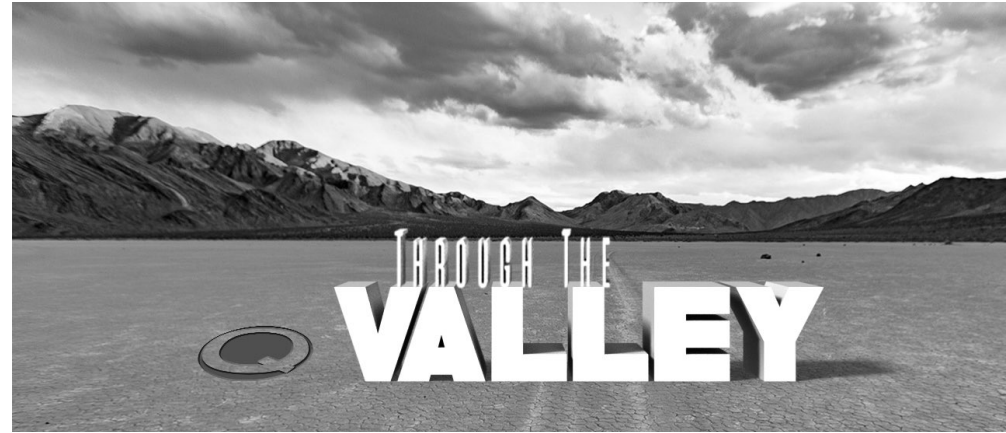
- What scripture and/or point spoke most to you from the Talk on Sunday? Why?
- Have you ever memorized Psalm 23? Are you up for the challenge? Why is it important to memorize scripture? (Read Psalm 119:11)
- Are you currently going through a valley? Why is it important to know that God is a God of our valleys?
- Talk through the points under the sub-heading: "Here's what we know about valleys".
- How do difficult times help us to grow?
- When going through valleys, do you struggle with doubts? Do you feel guilty about your doubts? How does a believer both wrestle with questions and embrace faith in God?
- When going through a valley, why is it important to remember that God is with you? How do we move from "knowing" to "experiencing" God with us?
- Read Romans 5:3-5, How do sufferings connect us to God?
- What does it mean that God will reward us?

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OTHER NOTES:

WELCOME

Our Series:



Today's Talk..
"The God of my Valleys"

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The Quest Church
Doing life together