

A valley is a season of Trials or difficulty.

11 "My purpose in writing is to encourage you and assure you that the grace of God is with you no matter what happens." 1 Peter 5:11 (NLT)

4 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 (ESV)

**Because God is with you:**

- Make every effort to be with Him.
- What we do in the valley determines the benefit of the valley.

**When you're going through a valley:**

- Recognize what's really happening.

The troubles in life are testing your faith.

James 1:2-3 (NLT)

- Cooperate with God's growth process.

James 1:4 (NIV)

- You don't have to understand the valley to trust God's process.

3 There's more to come: We continue to shout our praise even when we're hemmed in with troubles, because we know how troubles can develop passionate patience in us, 4 and how that patience in turn forges the tempered steel of virtue, keeping us alert for whatever God will do next. 5 In alert expectancy such as this, we're never left feeling shortchanged. Quite the contrary—we can't round up enough containers to hold everything God generously pours into our lives through the Holy Spirit! Romans 5:3-5 (MSG)

- Ask for God's help.

Ask for strength and grace to endure it.

4 So don't try to get out of anything prematurely. Let it do its work so you become mature and well-developed, not deficient in any way. 5 If you don't know what you're doing, pray to the Father. He loves to help. You'll get his help, and won't be condescended to when you ask for it. James 1:4-5 (MSG)

23 Search me, O God, and know my heart; test me and know my anxious thoughts.

24 Point out anything in me that offends you, and lead me along the path of everlasting life. Psalm 139:23-24 (NLT)

8 Come close to God, and God will come close to you... James 4:8 (NLT)

3 You are my refuge and defense; guide me and lead me as you have promised. 4 Keep me safe from the trap that has been set for me; shelter me from danger. 5 I place myself in your care. You will save me, Lord; you are a faithful God. Psalm 31:3-5 (GNT)

- Exercise your faith.

6 But when you ask him, be sure that your faith is in God alone. Do not waver, for a person with divided loyalty is as unsettled as a wave of the sea that is blown and tossed by the wind. James 1:6 (NLT)

3 ...God has allotted to each a measure of faith. Romans 12:3 (NASB)

29 He gives power to the weak and strength to the powerless. 30 Even youths will become weak and tired, and young men will fall in exhaustion. 31 But those who trust in the LORD will find new strength. They will soar high on wings like eagles. They will run and not grow weary. They will walk and not faint. Isaiah 40:29-31 (NLT)

**Experiencing God's Strength:**

- Fill your mind with God's word.

28 My soul is weary with sorrow; strengthen me according to your word. Psalm 119:28 (NIV)

28 My sad life's dilapidated, a falling-down barn; build me up again by your Word. Psalm 119:28 (MSG)

- Find support from God's people.

2 Carry each other's burdens, and in this way you will fulfill the law of Christ. Galatians 6:2 (NIV)

- Hold on to God's promises.

10 Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. Isaiah 41:10 (NLT)

18 So we do not look at what we can see right now, the troubles all around us, but we look forward to the joys in heaven which we have not yet seen. The troubles will soon be over, but the joys to come will last forever. 2 Corinthians 4:18 (TLB)

5 What joy for those whose strength comes from the Lord, who have set their minds on a pilgrimage to Jerusalem. Ps 84:5 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? Explain why?
- How are you doing at memorizing Psalm 23? Why is it important to memorize scripture?
- When you're going through difficulties, do you recognize them as a testing of your faith? Why is it important for our faith to be tested?
- Discuss the statement: "What we do in the valley determines the benefit of the valley."
- When you're in a valley, do you tend to ask God for help in the valley or to be rescued from the valley? What is the difference?
- Why is prayer important to making it through the valley? How do you find strength when your prayers go unanswered?
- How do you exercise faith in the Valleys?
- How does filling our minds with God's word give us strength?
- Do you feel that the support you have from your Connection Group gives you strength? If you were not in a Connection Group would you have the strength you need in difficult times?
- How do we hold on to God's promises? How do God's promises give us strength?

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fresnoquest.com**

OTHER NOTES:

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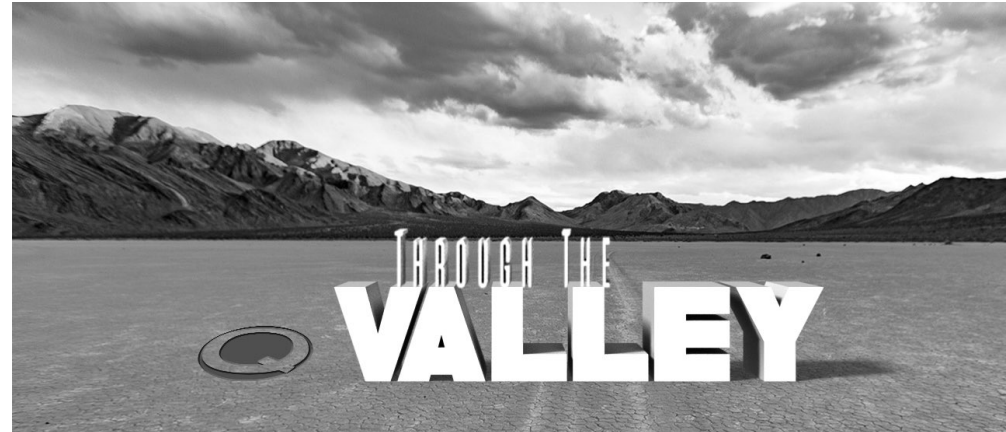
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# WELCOME

## Our Series:



## Today's Talk.. "Strength in the Valley"

Get connected! Try out a Connection Group.



Information available in the courtyard.



**The Quest Church**  
Doing life together