

# How to Get Through the Valley

## Psalm 23:4

### Prepare for the Valleys Before You Get There

*(Matthew 7:24-25) "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock."*

### Take a Step

*(Matthew 14:28-29) "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus."*

### Be Willing to Walk in the Darkness

*(Psalm 139:12) even the darkness will not be dark to you; the night will shine like the day, for darkness is as light to you.*

### Confront Your Fears

*(Psalm 34:4) I sought the LORD, and he answered me; he delivered me from all my fears.*

### The Answer God Gives Us is Himself

*(Job 42:5) My ears had heard of you but now my eyes have seen you.*

### Know that God Wants to Lead You Through the Valley

*(1 Samuel 16:1) The LORD said to Samuel, "How long will you mourn for Saul, since I have rejected him as king over Israel? Fill your horn with oil and be on your way; I am sending you to Jesse of Bethlehem. I have chosen one of his sons to be king."*

### You Come Out of the Valley in a New and Different Place

*(Romans 8:28) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.*

***Be better for it!***

So many of us have found ourselves in “valleys” lately—those dark and difficult times of life that test our strength and our faith. We don’t want to stay in the valleys forever, so how do we get through them? Sunday morning, Dr. Vaughan will lead us in thinking of steps we can take to move forward through life’s valleys and into a new beginning.