

Coping With Stress - Part 5 of 7 "GOD'S ANTIDOTE FOR DARK VALLEYS"

"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." Ps. 23:4

Examples of Life's Valleys:

- The Valley of Calamity - Josh. 7:26 (LB)
- The Valley of Weeping - Ps. 84:6 (LB)
- The Valley of Trouble - Hosea 2:15 (NCV)
- The Valley of Deep Darkness - Ps. 23:4 (Heb)

WHAT TO REMEMBER IN DARK VALLEYS

1. Valleys are inevitable

"In this world you will have trouble." John 16:33 (NIV)

2. Valleys are unpredictable

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

3. Valleys are impartial

"It rains on the just and the unjust too." Matt. 5:45 (LB)

4. Valleys are temporary

"There is wonderful joy ahead, even though the going is rough for a while down here." 1 Peter 1:6 (LB)

"Our troubles are short lived and their outcome is an eternal glory which outweighs them all." 2 Cor. 4:17

5. Valleys are purposeful

". . . at the present you may be temporarily harassed by all kinds of trials. This is no accident - it happened to prove your faith. . . " 1 Pet. 1:6b-7 (Ph)

WHAT TO DO IN DARK VALLEYS

1. Refuse to be discouraged

"I will fear no evil." Ps. 23:4

"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." Ps. 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." Isa. 43:2 (LB)

3. Rely on God's protection and guidance

"Your rod and staff comfort me." Ps. 23:4

"the good man does not escape troubles--he has them too. But the Lord helps him in each and every one."

Ps. 34:19 (LB)

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