

“Psalm 23: God’s Prescription For Stressed People”

Sunday, November 19, 2023 @ 10:30am | Worship Center

God’s Prescription for Dark Valleys!

Psalm 23:4: “Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.”

Life is a mixture of pain and pleasure, of victory and defeat, of success and failure, of mountain tops and valleys.

How do I handle the dark valleys of life?

I. What to remember in Dark Valleys

- Valleys are inevitable. John 16:33
- Valleys are unpredictable. Jeremiah 4:20
- Valleys are impartial. Matthew 5: 45 (LB)
- Valleys are temporary. 1 Peter 1:6 (LB); 2 Corinthians 4:17
- Valleys are purposeful. 1 Peter 1:6b-7

Every problem has a purpose. Faith is built in the valleys of life.

II. What to do in the Dark Valleys

- Refuse to be discouraged. Colossians 1:11
- Remember that God is with me. Isaiah 43:2
- Rely on God’s protection and guidance.

“...I walk through the valley of the shadow of death...Your rod and staff, they comfort me...” *Psalm 34:19*

Believers and non- believers go through the same valleys of life, The difference for the Christian is not the absence of the shadow but the presence of the Shepherd. God is with you!