



Lessons for Life

Rely

He Restores My Soul – 5

May 4/5, 2013

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"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)

Examples of Life's Valleys

The Valley of Calamity -- Joshua 7:26 (LB)

The Valley of Weeping -- Psalm 84:6 (LB)

The Valley of Trouble -- Hosea 2:15 (NCV)

The Valley of Deep Darkness -- Psalm 23:4 (Heb)

I. THINGS TO KEEP IN MIND ...

1. Valleys HAPPEN

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

2. Valleys Are UNPLANNED

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

3. Valleys Are For EVERYONE

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

4. Valleys Are USEFUL

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

"Our troubles are short-lived and their outcome is an eternal glory which outweighs them all."
2 Corinthians 4:17 (NEB)

5. Valleys Are BENEFICIAL

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

II. THINGS TO DO ...

1. Walk CALMLY

"I WILL FEAR NO EVIL"

"God will strengthen you with his own great power so that you will not give up when troubles come, but you will be patient." Colossians 1:11 (NCV)

2. Remember WHO Is With You

"FOR YOU ARE WITH ME"

"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." Isaiah43:2 (NLT)

3. Depend On God For PROTECTION And DIRECTION

"YOUR ROD AND STAFF COMFORT ME"

"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 (LB)