

# Valley Walkers

*[David] 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

## When going through a valley, remember...

### 1. They are unavoidable

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

### 2. They are unpredictable

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

### 3. They are unbiased

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

### 4. They are temporary

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

### 5. They are useful

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

## How to be a Successful Valley Walker

### 1. Choose faith over fear

*"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. Choose relationship over religion

*"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.* Isaiah 43:2 (LB)

### 3. Choose comfort over complaining

*"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)