

*Message Notes*

**GOD'S PRESCRIPTION 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." Psalm 23:4*

**Examples of Life's Valleys**

The Valley of Calamity -- Joshua 7:26 (LB)  
The Valley of Weeping -- Psalms 84:6 (LB)  
The Valley of Trouble -- Hosea 2:15 (NCV)  
The Valley of Deep Darkness -- Psalms 23:4

**I. WHAT TO REMEMBER IN DARK VALLEYS**

**1. VALLEYS ARE** \_\_\_\_\_  
*"In this world you will have trouble." John 16:33 (NIV)*

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

**3. VALLEYS ARE** \_\_\_\_\_  
*"(It) rains on the just and the unjust too." Matthew 5:45 (LB)*

**4. VALLEYS ARE** \_\_\_\_\_  
*"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** \_\_\_\_\_  
*"... 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. WHAT TO DO IN DARK VALLEYS**

**1. REFUSE** \_\_\_\_\_  
**"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** \_\_\_\_\_  
**"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. RELY ON** \_\_\_\_\_  
**"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." Psalms 34:19 (LB)*