

God is Good All the Time
Getting Through Life's Valleys

Psalm 23:4

Pastor Brian

***Psalm 23** ¹ The Lord is my shepherd, I have everything I need. ² He makes me lie down in green pastures; He leads me beside still waters. ³ He restores my soul. He leads me in the right paths for His Name's sake. ⁴ Even when I walk through the valley of the shadow of death, I will fear no evil, for you are with me.*

What is the truth about valleys in our life?

1. They are **going to happen!**

***1 Peter 4** ¹² Dear friends, don't be surprised at the fiery trials you are going through, as if something strange were happening to you. (NLT)*

2. **Everyone** goes through them.

***Psalm 34** ¹⁹ Good people suffer many troubles, but the LORD saves them from them all. (GNT)*

***James 1** ² Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. (NLT)*

How does God help us through our valleys?

1. He promises to **always be with us.**

***Isaiah 43** ² When you go through deep waters, 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. (NLT)*

2. He has a **purpose** for our valleys.

***Romans 5** ³ We can rejoice, too, when we run into problems and trials, for we know that they help us develop endurance. ⁴ And endurance develops strength of character, and character strengthens our confident hope of salvation. ⁵ And this hope will not lead to disappointment. For we know how dearly God loves us, because he has given us the Holy Spirit to fill our hearts with his love. (NLT)*

3. **He will reward us** for our perseverance.

***2 Corinthians 4** ¹⁷ For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! (NLT)*

***Isaiah 53** ⁵ But because of our sins he was wounded, beaten because of the evil we did. We are healed by the punishment he suffered, made whole by the blows he received. (GNT)*