



Recovering From Life's Disasters

God's Antidote To Fearing The Future

“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

The Valley of Weeping -- Psalm 84:6

The Valley of Trouble -- Hosea 2:15

The Valley of Deep Darkness -- Psalm 23:4

3 FACTS OF LIFE YOU NEED TO KNOW

1. VALLEYS ARE _____


“...whenever you face trials...” -James 1:2

“In this world you will have trouble.” -John 16:33 (NIV)

2. VALLEYS ARE _____

“...trials of many kinds...” -James 1:2

“Disaster follows disaster... In an instant my tents are destroyed, my shelter falls in a moment.”-Jeremiah 4:20



3. VALLEYS ARE _____

"realize that they come to produce in you..."-James 1:2

WHAT TO DO IN DARK VALLEYS

1. RESIST _____

"EVEN THOUGH I WALK..." Refuse To _____

"THROUGH THE VALLEY" Refuse To _____

"He makes me lie down in green pastures, he leads me beside quiet waters" Psalm 23:2

"I WILL FEAR NO EVIL" Refuse To _____

"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

2. REMEMBER _____

"FOR YOU ARE WITH ME..."

"When you go through deep waters and great trouble, I will be with you." Isaiah 43:2 (LB)

3. RELY _____

"YOUR ROD AND STAFF COMFORT ME"

HOW?

- _____ ON Christ for Stability! (the rod)

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." -Isaiah 41:10

- Listen TO Christ For _____ ! (the staff)

"I know what I am planning for you," says the Lord. 'I have good plans for you, not plans to hurt you. I will give you hope and a good future.' Jeremiah 29:11 (NCV)

Pray that God would guide us to be _____
and _____

- Live IN Christ _____ !

"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith. -Hebrews 12:1-2(NIV)

- Look TO Christ For _____ !

"We were really crushed and overwhelmed, and feared we would never live through it...we saw how powerless we were to help ourselves; but that was good, for then we put everything into the hands of God, who alone could save us...And he did help us and saved us...and we expect him to do it again and again." 2 Corinthians 1:10 (TLB)

**"Surely goodness and mercy will follow me all the days of my life, and I will dwell in the house of the Lord forever."
-Psalm 23:6 (KJV)**