

STRESSBUSTERS 2009

**PART 4 – DIFFICULT CIRCUMSTANCES – Psalm 23:4
Chuck Larsen, January 25, 2009**

Psalm 23:4(ESV) 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.

TRUTHS ABOUT DARK VALLEYS

1. VALLEYS ARE _____
John 16:33(CEV) I have told you this, so that you might have peace in your hearts because of me. While you are in the world, you will have to suffer. But cheer up! I have defeated the world.

2. VALLEYS ARE _____
Proverbs 27:1(NIV) Do not boast about tomorrow, for you do not know what a day may bring forth.

3. VALLEYS ARE _____
Matthew 5:45(NIV) that you may be sons of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.

4. VALLEYS ARE _____
1 Peter 1:6(NIV) In this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials.
2 Corinthians 4:17(NIV) For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all.

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5. VALLEYS ARE _____
Romans 8:28(NIV) And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

WHAT TO DO IN A DARK VALLEY

1. REFUSE TO BE _____
“I will fear no evil”
Colossians 1:11(NIV) being strengthened with all power according to his glorious might so that you may have great endurance (will not give up)...

2. REMEMBER THAT _____
“For you (God) are with me”
Isaiah 43:2(NLT) 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.

3. RELY ON _____
“Your rod and staff comfort me”
Psalm 34:19(NLT) The righteous person faces many troubles, but the Lord comes to the rescue each time.