

“Appreciating the Valleys”

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Assumption: Following God leads to the mountain tops but there will be _____.

God knows and God cares and He will use these valleys to help us get to the mountain tops.

“God sent me here valleys.” (Larry Osborn)

1. *He wants to _____ me something I need to learn.*

Exodus 14:3-4, 10-14 (page 108)

- God wanted to demonstrate that He was _____.
- Sometimes there can't be a _____ without a _____.

2. *He wants to prepare me for _____.*

Matthew 3:16-4:1 (page 1499), Luke 4:13

- There are times these valleys follow great _____.

3. *He might be preparing me for future _____.*

II Corinthians 1:3-5 (Page 1794)

- It's hard to relate to someone in a valley if I have _____.

4. *He knows I need the _____.*

- As general rule, we would prefer to be _____ to the mountain tops and not journey through the valleys.

“I sent myself here valleys.”

1. *God still loves me more than I can know. God will still use these valleys but they generally make life more _____ and are more _____.*
2. *Many of the seemingly _____ I make are dangerous because once I'm in the initial valley it becomes harder and harder to get out.*

How do I deal with valleys in a constructive manner?

1. _____

- Praise God.
- Pray for _____.
- Pray to realize _____.

Psalm 23:4 - *Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.*

2. _____

- Don't take _____ (Matthew 4:2-3, page 1499)
- _____ if called for.
- Move toward _____.
- Don't turn back.

3. *Seek out _____ people.*

Talk it over...with your friends, family, or Growth Group.

Talking through the ideas presented in Sunday's message helps us apply God's word to our individual lives. These questions are designed to help you put His words into action in your life this week.

What is your main "take-away" from this week? How do you plan to live that out?

What are some valleys you have experienced? What has God taught you as you have gone through them?

Are you experiencing a valley right now? If so, consider these questions:

- What kind of valley is it?
- What does God want me to learn?
- What is the biggest obstacle you face when it comes to trusting God during this "valley season"?

How do you know that God loves you?

