

## Getting through the Valley

*Psalm 23*

Many of us here today have had, or still have, many problems in our lives. We're under constant stress from one thing or another:

- There is an interview coming up
- Someone we know and love is sick
- Our finances are shaky
- We feel depressed and find it difficult to watch the news on TV or to think about anyone else's troubles.

Something is eating away at us.

Stress is common, all too common fact in our lives.

It could be any of a thousand and one things that afflict us, but the result is we feel tired. Or we find ourselves being angry with other people for almost no reason at all. Or at times we feel unable to think good thoughts or do what we believe are good things. We are not at peace.

For many of us we are so focused on the valleys of this life, so we tend

to miss the joys of the journey of life.

The psalmist seeks to share with us, out of his own experience, words that may help us as it pertains to getting through valley like experiences of life. We all have hidden hurts, closed closets, and covered calamities.

This passage begins with a vision of anticipation on the part of the psalmist. Then he continues with a walk through the valley. V4. Finally he makes the statement; "*I will dwell in the house of the Lord forever.*"

This psalm 23 is best understood in the view of a journey where in an individual is wandering, weary, confused by pathways, moved by mountains of mystery, as we go through the valley some become entangled in the enemy's web of destruction. Faced with fear, yet looking for a spread table. We cannot get to the table if we are not prepared to walk through the valley of tears and heartache I v.2. So the question today is "How to get through the valley?"

The psalmist seems to be well qualified to answer this question today. Why... because he has been exiled from his throne, robbed by amalekites, disowned by those who once knew him, stoned by his own. Yet today he seeks to make statements filled with faith and assurance. Today I wish to share with us 3 ways to get us through the valley.

**! ACCEPT THE REALITY OF THE VALLEY.**

Whenever we accept that there is a problem then we will begin to resolve the issue at hand. There are some words that we utter that show us how limited our faith is at times and the fear that grips us. E.g. *"this is too much for me to handle"*. *"Boy Oh Boy"*. Worldly influence has successfully infiltrated our minds and manipulated us to expand small ditches into valleys beyond natural dimensions (we make problems bigger than they are). We need to start naming and claiming our way out of the valley and if the valley is still there ... lack of faith. Xians are going to have valley experiences. But with spiritual

intellect, we know that God has promised he will never leave us alone. So when we walk through the sand, it will not bury us; walk through fire, it will not burn us; walk through water it will not drown us. No matter if it is fear or failure; trial or tribulation; troubles or turmoil; stress or strain, we need to admit and accept that we are in one of the valleys of life. *" How do we get through the valley?"*

**2. ANNOUNCE YOUR RESPONSE IN THE VALLEY.**

Do not wait until you are out of the valley. Bless the Lord while you are going through. Victory is already in possession. The psalmist stated 3 things that he would do:

- *I will walk*
- *I will not fear*
- *I will get through*

There out to be a spirit of determination on our part. He declared what he was going to do. We need to become more grounded in our faith. Do not allow frustration to hinder us from walking through the

valley. He made it known that he will not fear. Become content with who you are in Jesus. So that you may gain confidence to walk fearlessly through the valley. last he said I will go through the valley. notice it is not but " I will walk in the valley' BUT " I WILL WALK THROUGH THE VALLEY" he had a destination in sight. There was a goal to be reached. Start speaking victory while you are going through. Announce your response, that you are going through on the other side.

After we have accepted reality and announced a response to our valleys, we must:

### 3. ACKNOWLEDGE OUR RESOURCES.

We must remember and acknowledge our resources. In order to understand and unravel any text we must consider the context.

V1. states The Lord is my Shepherd. The person is the Lord. The statement is reasonable. The shepherd is a provider of his flock. Even in the deepest valley, I shall not want. Because my shepherd will supply all my needs. For in the valley the presence of the almighty

is with me. For he shall provide me with protection, pasture and peace in the valley.

Rom. 8: 35 says "who shall separate us from the love of Christ."

To Quote Dr. A. Louis Patterson:  
"The word of God is divine revelation, divine intelligence, divine order, and divine communication."

Whenever we are in the valley of life. We need to know that unless we learn to communicate with God, we will never understand the order in which God's divine intelligence brings fourth divine revelation in our lives to help us press on through the valley.

In the valley: he creates a clear path to walk

In the valley: he is my guiding light in darkness

In the valley: he is my bright and morning star

In the valley: he is a rock in a weary land; a shelter in the time of storm.

In the valley: he directs and orders my footsteps.

I am on my way through... I am so glad  
the Lord walks with me...and he talks  
with me, and he tells me I am his  
own as I press on through.

AMEN!

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