

January 22, 2023

Speaker: Pastor Tim McCardel

Message Series: Stressbusters: Psalm 23

Today's Message: God's Antidote For Dark Valleys

Psalm 23:4

1. What To Remember In Dark Valleys

1) Valleys Are Inevitable

Reality: It's not a matter of "If"; it's "When" ...

John 16:33 "In this world you will have trouble."

1 John 4:16-18

2) Valleys Are Impartial

Matthew 5:45

3) Valleys Are Temporary

1 Peter 1:6

2 Corinthians 4:17

4) Valleys Are Purposeful

1 Peter 1:6, 7

Three Things To Note:

1) Every heartache and every problem has a GOD-GIVEN purpose and opportunity.

2) "God is after our character, not our comfort" ~ Rick Warren

3) Faith is built in the valleys of life.

Example - Mary: "No place in the inn" ... "take the child... flee to Egypt" ... "a sword will pierce your own soul too."

2. What To Do In Dark Valleys

1) Refuse To Be Discouraged

Psalm 23:4 "I will fear no evil"

Think / Consider: "Will" - reveals a choice; if you choose to be discouraged, your choice is to focus on the negative.

Colossians 1:11

2) Remember That God Is With Me

Psalm 23:4 "For You are with me"

Isaiah 43:2

3) Rely on God's Protection and Guidance

◆ "Your rod and staff comfort me..."

Psalm 34:19

3. What To Learn About Shadows

◆ "... the valley of the shadow of death..."

1) Shadows are always bigger than the reality

2) Shadows cannot hurt you

3) There is no shadow without a light somewhere

Action: When Afraid - Look to the Light and the shadow falls behind you

Lesson: The difference for the Christ Follower is not the absence of shadows but the very real presence of the Shepherd.