

**WARM UP**

There is a very touching song sung by Lynda Randle (words and music by Tracy G. Dartt): *“Life is easy when you are up on the mountain; you’ve got peace of mind like you’ve never known. But things change when you are down in the valley. Don’t lose faith for you are never alone.”*

*Chorus: “For God on the mountain is still God in the valley. When things go wrong He will make them right; and the God of the good times is still God in the bad times; the God of the day is still God in the night.”*

*“You talk of faith when you are up on the mountain; talk comes so easy when life’s at its best. Now it is down in the valley of trials and temptations that is where your faith is really put to the test.”*



3. How have you felt God’s closeness and reassurance in difficult times?

4. What are the blessings you can receive from God as you walk through the valleys of the shadow of death?



**CONSIDER THIS**

God is our helper and provider; all God’s people are secure no matter what people may do to them (Psalm 118:6). Even if the world’s economy and peace collapsed, we as true believers would be secure in God. He has promised to provide for His precious children until He is ready to take them home to heaven.

*“This promise contains the sum and substance of all the promises. I will never, no, never leave thee, nor ever forsake thee. Here are no fewer than five negatives heaped together, to confirm the promise; the true believer shall have the gracious presence of God with him in life, at death, and forever.”* (Matthew Henry’s Commentary, Vol. 6, p. 962)

**BACKGROUND**

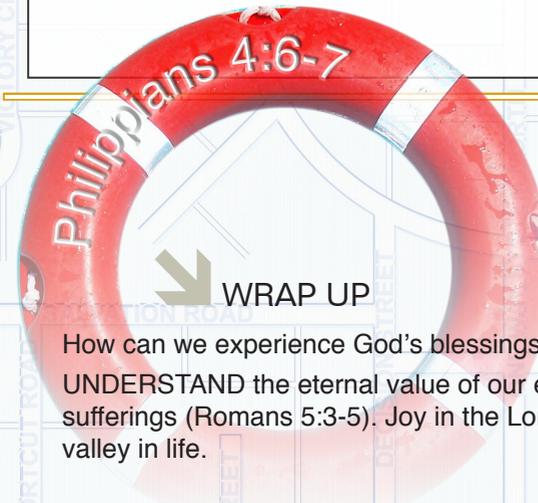
Life is a constant mixture of highs and lows. One minute we are “up on the mountain” and then we fall “down in the valley”. When things are so bad that there is no way for us to turn, the only way is up. During the trying times, times of uncertainty in our life, always remember that we are never alone. According to the Bible, God will never leave nor forsake us; though people might leave us, He is always with us. Our Father in heaven is just like the silversmith who sits there and keeps his eyes on the silver being refined in the centre of the fire; he will immediately withdraw the silver from the fire when he sees his own image reflected on the metal.

**READ Hebrews 13:5-6**

**QUESTIONS**

1. How do you cope when you are suddenly down in the valley and things become so tough that you don’t feel there is any more hope in life?

2. How do you live a life of contentment without covetousness?



**WRAP UP**

How can we experience God’s blessings in the valley?

**UNDERSTAND** the eternal value of our experience in the valley and rejoice in our sufferings (Romans 5:3-5). Joy in the Lord gives us strength to go through the valley in life.

**7:20**

**IT’S TIME FOR PRAYER**

**MY RESPONSE AS A PROMISE KEEPER**

*“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)

**SEE** the big picture (2 Corinthians 4:17-18). It is a no-brainer to compare the eternal glory with our light and momentary troubles.

**PRAY** with thanksgiving; this is the lifeline to the peace of God (Philippians 4:6-7).

**PROCLAIM** many of God’s promises in the Bible (Romans 8:28; James 1:17; Jeremiah 29:11).