

Handling the Dark Valleys of Life

It's no secret that in life we have our ups and downs. We can often go from a mountaintop experience where everything is going our way to a valley experience where we feel like the world has pushed us down and we feel so overwhelmed we don't know what to do next. During our valley time it's important for us to remember that

- 1. Valleys are going to come.** They are a normal part of life. Don't be surprised by them. Jesus warned us "in this life you will have trouble." (John 16:33)
- 2. Valleys are unpredictable.** Let's face it. We never see them coming. The Old Testament Prophet Jeremiah said this about valleys. "In an instant my tents are destroyed, my shelter gone in a moment."
- 3. Valleys come to everyone.** No one is insulated from pain and sorrow. No one gets out of life without hurt. It's important for us to remember problems don't mean you're a bad person. They mean you're a person and people have problems.
- 4. Valleys never last forever.** It's important for us to remember that the valley will pass. Life can be tough. (Remember, none of us will get out of it alive!) Peter reminds us that we should be truly glad because "There is wonderful joy ahead, even though we may have to endure trials for a while."
- 5. Valleys are purposeful.** As much as we hate to admit it our pain can be productive. God wants to build your faith in him through the valleys. When we come face to face with a dark valley, we get on our knees and ask God for guidance.

While you're going through the valley I challenge you to ask God to walk through the valley with you and to show you the things you need to learn while in the valley. Some times he will and sometimes you'll see them later, but if you are seeking you will find.

Finally, think about the valleys of your past. Were they temporary? Did they teach you a purpose? Always remember joy comes in the morning!

Until next time!
God Bless

Jeff