

- Nobody enjoys the valleys of life, but life is not a continuous mountaintop experience - not even for the believer. A Christian has his share of struggles, heartaches, and valleys just like everybody else.
- You may be in a valley right now. Let's look at David and the lessons he learned while in the valley, and allow these things to help us and encourage us today.

First lesson learned –	there are always
consequences when I	God.
vs. 13-15	

- Sometimes, our valleys and problems in life are \_\_\_\_\_inflicted.
- But, God can use these times to get our attention, and get us to forsake whatever \_\_\_\_\_ we may be involved in.
- It is important to remember that forgiveness and consequences are two completely different issues.
- It is true that we are eternally secure, and it is true that we have forgiveness as a present possession in Christ, but this does not \_\_\_\_\_\_
   consequences for our sin.

•	Many times, the valleys of life will drive us to our knees, and we discover things about God we new knew - we get to know God in a moreway.
•	"That I may know him, and the power of his resurrection, and the fellowship of his sufferings, being made conformable unto his death."  Philippians 3:10
	hird lesson learned – God may deliver yo the valley rather than of ne valley. vs. 18-19
	lext week, we will finish this topic and learn more essons from the valley.