

- 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 – the God. vs.	re are consequences when I 13-15
Second lesson learned – come through the valleys	
Third lesson learned – Go	od may deliver you
the valley rather than	of the valley. vs. 18-19
•	peth our infirmities: for we know

- "Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered." Romans 8:26
- We say, "God, get me out of the valley." God says, "No, I'll give you my strength and grace to walk _____ the valley."
- "For this thing I besought the Lord thrice, that it might depart from me. And he said unto me, My grace is sufficient for thee: for my strength is made perfect in weakness. Most gladly therefore will I rather glory in my infirmities, that the power of Christ may rest upon me. Therefore I take pleasure in infirmities, in reproaches, in necessities, in persecutions, in distresses for Christ's sake: for when I am weak, then am I strong." 2 Corinthians 12:8-10

Fourth lesson learned – God gives His to endure the valleys of life. vs. 20-23		
•	Instead of focusing on what he lost, David focused on the of God.	
•	"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it." 1 Corinthians 10:13	
•	God is faithful, and God makes the believer able to handle these valleys without apart under the load.	
•	"And God is able to make all grace abound toward you; that ye, always having all sufficiency in all things, may abound to every good work." 2 Corinthians 9:8	
Fifth lesson learned – God is the God of all in the valleys. vs. 24-25		
•	"Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all; Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of For as the sufferings of Christ abound in us, so our consolation also aboundeth by Christ." 2 Corinthians 1:3-5	