

## **Walk This Way - Part 7**

### Walking Through Tough Times

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Walking through tough times is a shared human experience. Between the mountain peaks of life, there are valleys we will face. These are not simply inconveniences but truly difficult experiences. There are some great lessons that can be learned from walking through the tough times though.

#### **Valleys Come To Us All**

**Read:** John 16:33

The fact is, you will face trouble. It is important to realize that they are not sent from God and often they are not created on our own. They come as an effect of living in a fallen world.

**Reflect:** Have you ever thought that difficult experiences are sometimes sent from God to teach a lesson or in consequence of an action?

#### **Valleys Are Often Unpredictable**

Satan tempted Jesus after fasting for 40 days, and it happens the same way for us. The enemy likes to kick us when we are down and discourage us when we are headed up. Valleys can come right before a great spiritual breakthrough or after an incredible miracle.

#### **Valleys Are Temporary**

**Read:** 2 Corinthians 4:16-17

The Bible tells us to keep walking in the valley. As long as you keep walking and do not quit, the Lord will deliver you. The momentary troubles will bring eternal glory!

**Reflect:** How do you keep walking when you experience a really difficult valley?

#### **Valleys Are Where The Fruit Is**

**Read:** James 1:2, 1 Peter 4:12

As Christians, we are challenged to have an entirely different perspective about valleys. Trouble can be a great catalyst for growth! We can grow and develop in the valley; insight and revelation can be gained, our character is shaped, empathy and love are learned. God can work miracles in the midst of the trial.

**Reflect:** What fruit have you seen gained through a tough trial?

#### **Valleys Bring Us To Jesus**

**Read:** Psalm 23:4

In verse 1-3 David describes God, but when he starts talking about his troubles he talks to God. Tough times bring you to Jesus. The rod and staff represent a good Shepherd who guides and counts us as His own. God will rescue and defend us; we are part of God's family.

#### **Summary**

Valleys are part of life as a human but we can press into God during those tough seasons of life. Everyone experiences valleys, and they can catch you off guard. But, valleys are temporary, they develop your character and produce fruit, and they ultimately bring us to Jesus!

#### **Prayer**

Make time to pray for one another before you dismiss your group.