

## Sermon Notes

# VALLEYS

March 2, 2025

### 1 Kings 20:28

The man of God came up and told the king of Israel, “This is what the Lord says: ‘Because the Arameans think the Lord is a god of the hills and not a god of the valleys, I will deliver this vast army into your hands, and you will know that I am the Lord.’” (NIV)

#### Difference between Mountains and Valleys

- Mountains symbolize moments of high achievement, joy victory (i.e. Mountain-top experience).
- Valleys symbolize dark times, rough times, times of hardship and struggles, low points in our lives.

What do we know about Valleys?

### Psalm 23:4

**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.**

- No one is exempt. Valleys are inevitable. (1 Peter 4:12-17)
- Valleys are unpredictable. (John 16:33) not a matter of **it but** a matter of **when**
- Valleys are temporary. (Psalm 23:4) “walk **through** the valley”
- Valleys have a purpose. God never **wastes** our pain. (Romans 8:28)

“Mountains are for views and inspiration, but fruit grows in the valleys.”

BILLY GRAHAM

“Mountaintops inspire leaders, but valleys mature them.”

WINSTON CHURCHILL

What leads us to the Valleys? How do we get there?

- Personal Factors
- Outside Forces
- Divine Appointments

Three Valleys

- Valley of Rephaim/Valley of Giants (2 Samuel 5:17-18)
- Valley of Baca/Valley of Tears (Psalm 84:6)
- Valley of Dry Bones (Ezekiel 37:1-10)

Conclusion

Remember when in the Valley:

- “God is the God of the mountains and valleys” speaks to His **Controlling** power, sovereignty.
- “God can transform your tears into springs of joy” speaks to His **Transforming** power.
- “God can make dead things rise” speaks to His **Resurrection** power.