



Walking With God Through the Valley

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The Scriptures are filled with stories of a loving God leading His children through seasons of pain, doubt, loneliness, fear, depression, and loss.

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Ecclesiastes 3:1-8

¹ There is a time for everything, and a season for every activity under the heavens. ²A time to be born and a time to die, a time to plant and a time to uproot, ³a time to kill and a time to heal, a time to tear down and a time to build, ⁴a time to weep and a time to laugh, a time to mourn and a time to dance, ⁵a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, ⁶ a time to search and a time to give up, a time to keep and a time to throw away, ⁷a time to tear and a time to mend, a time to be silent and a time to speak, ⁸a time to love and a time to hate, a time for war and a time for peace.

Seasons of Suffering

How do we talk to God in our season of grief?

- Do we feel confident bringing Him our problems and pain?
- If not, why not? What holds us back?

How do we speak to others in this season?

- What does Jesus teach us about ministering to others in times of grief, loss, and pain?

My Walk Through the Valley

God can handle our pain.

1 Peter 5:7 (AMP)

⁷ casting all your cares [all your anxieties, all your worries, and all your concerns, once and for all] on Him, for He cares about you [with deepest affection, and watches over you very carefully].

My Walk Through the Valley

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Biblical Expressions of Pain

Job Laments

Job 3:24-26

²⁴ For sighing has become my daily food; my groans pour out like water. ²⁵ What I feared has come upon me; what I dreaded has happened to me. ²⁶ I have no peace, no quietness; I have no rest, but only turmoil.

Biblical Expressions of Pain

Job 6:1-4

¹ Then Job replied:

² “If only my anguish could be weighed and all my misery be placed on the scales! ³ It would surely outweigh the sand of the seas -- no wonder my words have been impetuous. ⁴ The arrows of the Almighty are in me, my spirit drinks in their poison; God’s terrors are marshaled against me.”

Biblical Expressions of Pain

Psalm 22:14-18

¹⁴ My life is poured out like water, and all my bones are out of joint. My heart is like wax, melting within me. ¹⁵ My strength has dried up like sunbaked clay. My tongue sticks to the roof of my mouth. You have laid me in the dust and left me for dead. ¹⁶ My enemies surround me like a pack of dogs; an evil gang closes in on me. They have pierced my hands and feet. ¹⁷ I can count all my bones. My enemies stare at me and gloat. ¹⁸ They divide my garments among themselves and throw dice for my clothing.

Lamentation to Praise

Psalm

22:23-26

23 Praise the Lord, all you who fear him! Honor him, all you descendants of Jacob! Show him reverence, all you descendants of Israel! 24 For he has not ignored or belittled the suffering of the needy. He has not turned his back on them, but has listened to their cries for help. 25 I will praise you in the great assembly. I will fulfill my vows in the presence of those who worship you. 26 The poor will eat and be satisfied. All who seek the Lord will praise him. Their hearts will rejoice with everlasting joy.

Lamentation to Praise

1. The Psalmist pours out his heart.
2. He calls upon the Lord.
3. He praises God and declares His faithfulness.

Matthew 26:37-39

³⁷ He took Peter and Zebedee's two sons, James and John, and he became anguished and distressed. ³⁸ He told them, "My soul is crushed with grief to the point of death. Stay here and keep watch with me." ³⁹ He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

Trust in the Lord

1. Testimonies from Scripture, fellow believers.
2. Evidence of His intentions.

Jeremiah 29:11-13

“For I know the plans I have for you,’ declares the LORD, ‘plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart.’”

3. Confidence in Jesus, who suffered with us.

When God is Silent

“When you are happy, so happy that you have no sense of needing Him, so happy that you are tempted to feel His claims upon you as an interruption, if you remember yourself and turn to Him with gratitude and praise, you will be - or so it feels - welcomed with open arms. But go to Him when your need is desperate, when all other help is vain, and what will you find? A door slammed in your face, and a sound of bolting and double bolting on the inside. After that, silence.”

- C.S. Lewis, *A Grief Observed*, p. 4

““When I lay these questions before God I get no answer. But a rather special sort of ‘No answer.’ It is not the locked door. It is more like a silent, certainly not uncompassionate, gaze. As though He shook His head not in refusal but waiving the question. Like, ‘Peace, child; you don’t understand.’”

- C.S. Lewis, *A Grief Observed*, p. 80

Comforting Others

Romans 12:15

Rejoice with those who rejoice; mourn with those who mourn.

1 Corinthians 12:24-26

... But God has put the body together, giving greater honor to the parts that lacked it, ²⁵ so that there should be no division in the body, but that its parts should have equal concern for each other. ²⁶ If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.



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Sermon audio and slides can be downloaded at
www.christiansburgmennonite.org