

DOWN IN THE VALLEY

Psalm 23

Urban Legends is an expression used to describe commonly believed myths.

- There are spiritual urban legends as well.

It is believed that a valley means a _____ in your life.

- You are not _____ to be in the valley. I must do all I can to get out of the valley as _____ as possible.

1. There are different kinds of valleys.

- Valleys that are _____ of our _____
- Valleys that result from the _____ we have made.
- Valleys _____ our control.



Printing Instructions

1. Download the notecard and open it in Adobe Reader
2. Print only the ODD page.
3. Now FLIP THE NOTECARD OVER so the blank side is ready.
4. Print ONLY the EVEN pages.

Believing this Urban Legend leads to:

D _____ because the
_____ is difficult or dull
Leaving _____ because it is
hard or unpleasant
Switching _____ because
there is no _____ there

**What do we learn when we journey
with God through the valleys?**

**1. The long valleys open our _____
to the _____ and the
_____ of God**

- Everything bad about the valleys
are removed in God

Lonely: God is _____

Unsettling: God _____

Scary: I will _____ no evil.

Valleys have a way of reminding us that:

- We are not _____
- We do not know the _____

**2. The long valleys can have a
_____ upon our _____**

The valley reminds us that God works
“ _____ ”

Psal. 46:10

**3. The long valley opens our heart to
_____**

- We are reminded by others not to
_____ ; they remind us
that the Lord _____