

WALKING THROUGH THE VALLEY

A Devotional Reflection for Difficult Seasons

THEME SCRIPTURE

"Even though I walk through the darkest valley, I will fear no evil, for you are with me."

- Psalm 23:4

Dear Fellow Traveler,

There are seasons when life does not make sense.

You pray, but the circumstances do not change. You ask God for direction, but the path ahead still feels uncertain. You believe He is good, yet what you are experiencing does not feel good at all.

These are the valleys.

One of the most comforting truths in Psalm 23 is that David never says God's people will avoid them. He says, *"Even though I walk through the darkest valley..."*

The valley is part of the journey. But it is not the destination.

David does not say, *I built my home in the valley*. He says, **I walk through it.**

And the reason he can keep walking is not because he understands what is happening. It is not because he knows exactly when the valley will end.

His confidence rests in something far more dependable: **"For You are with me."**

That is the anchor for difficult seasons.

Not an explanation. **A Person.**

Not certainty about tomorrow. **The character of God.**

When You Cannot See What God Is Doing

Sometimes we equate God's goodness with comfortable circumstances. When prayers are answered the way we hoped, we say, *God is good*. When the door opens, *God is good*. When healing comes, *God is good*. And He is.

But what happens when the door stays closed? What happens when the diagnosis comes, the relationship breaks, the money runs short, grief enters our home, or the prayer we have prayed repeatedly seems unanswered?

God is still good.

His character does not change when our circumstances do.

Hebrews 13:8 reminds us: *"Jesus Christ is the same yesterday and today and forever."*

The God who was faithful on the mountaintop is the same God walking beside you in the valley.

Your circumstances may change. Your emotions may change. Your understanding may change. **God does not.**

God Is Good When Life Is Not

Romans 8:28 tells us: *"And we know that in all things God works for the good of those who love him..."*

Notice what Scripture does **not** say. It does not say that all things are good.

Some things are deeply painful. Some things happen because we live in a broken world. Some wounds leave scars that remain for years.

God does not ask us to call evil good or pretend that suffering does not hurt. Instead, He makes an extraordinary promise: **He can work in all things for good.**

That means your worst chapter does not get the final word. God does.

The valley does not have more authority over your story than the Shepherd leading you through it.

God Is Near to the Brokenhearted

Pain can make God feel distant. But Scripture tells us something different.

Psalm 34:18 says: *"The LORD is close to the brokenhearted and saves those who are crushed in spirit."*

When your heart is breaking, God has not stepped away. **He draws near.**

You may not always feel His presence. Faith is not pretending that you do.

Faith sometimes looks like whispering: *"Jesus, I cannot feel You right now, but I believe what Your Word says. You are here."*

There have been seasons in my own journey when I could not understand what God was doing. Looking back, I can see something I could not always see while I was living through them:

The Shepherd never left.

He was present in the tears. Present in the questions. Present in the people He sent. Present when I had strength. And present when I had none.

You Don't Have to Understand to Trust

Proverbs 3:5-6 says: *"Trust in the LORD with all your heart and lean not on your own understanding; in all your ways submit to him..."*

That Scripture becomes very different when you are living through something you cannot understand.

Trusting God does not mean you never ask questions. It means your questions do not become greater than your confidence in His character.

*I don't understand this, but I know God is faithful.
I don't know what happens next, but I know God is with me.
I don't know how He will redeem this, but I know He is good.
I don't know when this valley will end, but I know the Shepherd.*

Sometimes that is what faith looks like.

From My Heart

My fellow traveler, if you are in a difficult season right now, you do not have to pretend to be strong.

You don't have to manufacture joy. You don't have to have all the answers. You only need to keep turning toward Jesus.

The same Shepherd who leads beside quiet waters also walks through dark valleys.

And perhaps that is one of the deepest lessons we learn in suffering: **God's greatest gift to us is not always changing our circumstances.**

Sometimes His greatest gift is revealing Himself to us **within them.**

The valley can teach us things about the Shepherd that the mountaintop never could.

So keep walking.

One prayer. One Scripture. One day. One faithful step at a time.

You are walking through the valley with Jesus. And the valley is not the end of your story.

Meet With God

READ

Psalm 23

Psalm 34:17-18

Proverbs 3:5-6

Isaiah 43:1-2

Romans 8:28, 31-39

2 Corinthians 4:7-9, 16-18

Hebrews 13:8

REFLECT

What difficult season am I walking through right now?

Am I measuring God's goodness by my circumstances, or by His character?

Which attribute of God do I most need to remember today - His goodness, faithfulness, presence, love, sovereignty, mercy, or strength?

Guided Prayer

Father,

I confess that I do not understand everything You have allowed in my life. Some days I am tired. Some days I am afraid. Some days I wonder where You are.

But today I choose to anchor my heart in who You are rather than in what I can see.

You are good.

You are faithful.

You are loving.

You are sovereign.

You are near to the brokenhearted.

And You do not abandon Your children.

Jesus, be my Shepherd in this valley. When I cannot see the road ahead, help me follow You one step at a time. When fear becomes louder than faith, remind me of Your promises. When I become exhausted, teach me to rest in Your strength.

I surrender the things I cannot control and the questions I cannot answer.

Use even this difficult season to draw me closer to You. And until I can see what You are doing, help me trust who You are.

In Jesus' name, Amen.

Journal

Today, the truth I choose to remember about God is:

The burden I am placing in His hands is:

My next faithful step is:

FROM VICTIM TO VICTOR MINISTRIES

Scripture • Reflection • Prayer • Healing Through Jesus Christ