

VALLEY AND MOUNTAIN EXPERIENCES!

**These valleys give me a headache!
I don't know what I'm doing here!**



Heavenly Father, like the little girl in the picture above, I can relate with what she is feeling and saying. I see the pain and frustration on her little face. I've been down in the valleys time and again; seeing nothing but insurmountable mountains surrounding me. It is not a comfortable place—very dark, dismal, scary and lonely too—not at all where I want to be. And I too, don't know how I ended up in the valleys either. One day I'm walking, maybe even skipping, on the mountain top and the next thing I know, I'm plopped down into the bottom of the valley. What's with that, I ask ya—have yet to figure it out!

I scan the bottom of the mountain trying to find a way of escape, seek a path of any kind that would help me start the journey upward and there is nothing to hang onto, nowhere to place my feet for the climb upward. My head hurts with swirling negative thoughts, and my heart is about to jump out of my chest, it is pounding so hard. Oh Jesus, I can feel the panic building up inside me about ready to explode. I have never felt so alone.

Can't you hear me crying; I'm calling out to You, Lord? Help Me! I'm stuck down here in the valley and I see no way of escape. I can't even find a starting point! Jesus, don't leave me to face these mountains alone. Can You help me out here Lord? I can't do this alone.

“Be still child!” the Lord says. “Know that I am God and I have good plans for your life. You are not alone—you never have been—I have been by your side each and every step of the way! When you cried out, I heard you; I was blowing away the clouds of darkness and doubt. I was drawing you child, into the warmth of my love and the Holy Spirit was there with us also, for He too, is your constant companion.

“Child, we will contend with the valleys together. I will rescue you from hidden traps, shield you from deadly hazards, and my outstretched arms will protect you—for under them you will be perfectly safe. Fear nothing child for I will help you find your way out of

the valleys. They are not designed for you to stay, but they will teach you valuable lessons, if you are willing to walk in them from time to time and listen to the teaching of the Holy Spirit who will bring you into all My truths. The valleys are a must, if you are to walk upon the mountain tops and do the work that I have entrusted you to do. Trust Me child, the valleys are for your good."

YOUR TRUTH:

Believing in a loving God and using the talents He gives every individual enables us to climb beyond even the most intimidating "mountains"—those obstacles that challenge our goals. Mark 9:23 says it this way, *If you can believe; all things are possible to him who believes.* When our desires are in one accord with God's will, the valley experiences will not tend to intimidate us as before. Oh, we still may not like walking that "valley path", but we will keep our hearts and minds open to receive what the Father would impart to us and then climb out to walk upon the mountain tops again and be the vessels He has designed us to become.

We will remember that the valleys are the testing grounds and perhaps once again our faith is being tested; yet we will hold onto Romans 8:28 that says, *And we know that all things work together for good to those who love God, to those who are the called according to His purpose.*

I have found in my valley experiences that sometimes they start out as scary intimidating mountains, but then as I press into God for His truths to impart, those mountains suddenly become mole hills. I step right over them and when I look about, lo and behold, I am out of the valley into the lush, flowing fields that are ready for harvest.

My "valley time" prepares me for the harvest.