**WALKING THROUGH THE VALLEY OF FEAR**

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**Psalm 23:1 (NIV)**   
The LORD is my shepherd, I shall not be in want

**Psalm 23:4 (NIV)**   
Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me…

**2 Corinthians 1:7 (NIV)**   
And our hope for you is firm, because we know that just as you share in our sufferings, so also you share in God’s comfort.

**What we Know is what gets us Through!**

1. REMEMBER **NOT EVERTHING I HEAR IS TRUE**

**Proverbs 14:15 (MSG)**   
The gullible believe anything they're told; the prudent sift and weigh every word.

**Proverbs 13:16 (NIV)**   
Every prudent man acts out of knowledge, but a fool exposes his folly.

**Proverbs 18:2 (TLB)**   
A foolish person doesn’t care about the facts. All he wants to do is yell.

**Proverbs 14:8 (TLB)**   
The wise man looks ahead. The fool attempts to fool himself and won’t face facts.

**Proverbs 23:23 (TLB)**   
Get the facts at any price and hold on tightly to all the good sense you can get.

1. REMEMBER **NOT EVERYONE IS AT EQUAL RISK**
2. REMEMBER **THIS WILL PASS**

**1 Peter 4:12 (CEV)**   
Dear friends, don't be surprised or shocked that you are going through testing that is like walking through fire.

**2 Corinthians 4:17-18 (NIV)**   
For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

1. REMEMBER TO FOCUS **TO FOCUS ON WHAT IS UNCHANGING**

* God sees everything I am going through
* God cares about everything I am going through
* God has the power to answer prayer
* God always acts out His goodness to me
* God’s plan is always better than my plan
* God will never stop loving me
* I cannot lose my salvation once I have trusted in Jesus

1. REMEMBER **NO MATTER WHAT I GO THROUGH GOD WILL GO THROUGH IT WITH ME**

**Isaiah 43:2 (NLT2)**   
When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you.

1. REMEMBER **THIS IS NOT THE END OF THE STORY**

**2 Corinthians 4:8-9 (CEV)**   
We often suffer, but we are never crushed. Even when we don't know what to do, we never give up. In times of trouble, God is with us, and when we are knocked down, we get up again.

**2 Corinthians 4:14 (CEV)**   
because we know that God raised the Lord Jesus to life. And just as God raised Jesus, he will also raise us to life. Then he will bring us into his presence together with you.

**Revelation 21:4 (NIV)**   
He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away."

1. REMEMBER **GOD WANTS TO USE ME TO HELP**

**1 Corinthians 12:27 (NCV)**   
Together you are the body of Christ, and each one of you is a part of that body.

**John 13:35 (NLT2)**   
Your love for one another will prove to the world that you are my disciples.”.