

**DON'T WASTE  
YOUR  
VALLEY**

**PSALM 143:1-12**

# **Valleys That People Experience Today**

- A. Single parents struggling with making ends meet**
- B. People suffering from major health issues**
- C. Leaders near burnout due to all the responsibilities of jobs**
- D. Those who sees no hope in his predicament**

**God can work in your valley**

# **Real People In Real Valleys In The Bible**

**A. Widow and two sons helped by Elisha (2 Kings 4:1-7)**

**B. The health issues with Job (Job 2:7-9)**

**C. Paul in his ministry**

**2 Corinthians 11:28**

**Beside those things that are without, that which cometh upon me daily, the care of all the churches.**

**D. Elisha's servant who saw no hope**

**2 Kings 6:15**

**And when the servant of the man of God was risen early, and gone forth, behold, an host compassed the city both with horses and chariots. And his servant said unto him, Alas, my master! how shall we do?**

## Psalm 143:1-12

**1 Hear my prayer, O LORD, give ear to my supplications:  
in thy faithfulness answer me, and in thy righteousness.**

**2 And enter not into judgment with thy servant: for in thy  
sight shall no man living be justified.**

**3 For the enemy hath persecuted my soul; he hath smitten  
my life down to the ground; he hath made me to dwell in  
darkness, as those that have been long dead.**

**4 Therefore is my spirit overwhelmed within me; my heart  
within me is desolate.**

**5 I remember the days of old; I meditate on all thy works;  
I muse on the work of thy hands.**

## **Psalm 143:1-12 - continued**

**6 I stretch forth my hands unto thee: my soul thirsteth after thee, as a thirsty land. Selah.**

**7 Hear me speedily, O LORD: my spirit faileth: hide not thy face from me, lest I be like unto them that go down into the pit.**

**8 Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee.**

**9 Deliver me, O LORD, from mine enemies: I flee unto thee to hide me.**

## **Psalm 143:1-12 - continued**

**10 Teach me to do thy will; for thou art my God: thy spirit is good; lead me into the land of uprightness.**

**11 Quicken me, O LORD, for thy name's sake: for thy righteousness' sake bring my soul out of trouble.**

**12 And of thy mercy cut off mine enemies, and destroy all them that afflict my soul: for I am thy servant.**

# **I. The Pain In The Valley**

## **A. The pain of darkness (143:3)**

- 1. When you see no help**
- 2. There is no light**

## **B. The pain of depression (143:4)**

- 1. When you feel your heart is empty**
- 2. There is no joy**

## **C. The pain of despair (143:7)**

- 1. When you have no hope**
- 2. There is no peace**

## **II. The Prize In The Valley**

### **A. The prize of repentance (143:2)**

#### **1. Peace with God**

**Romans 5:1**

**Therefore being justified by faith, we have peace with God through our Lord Jesus Christ:**

#### **2. Peace with ourselves**

**Psalms 32:1**

**Blessed is he whose transgression is forgiven, whose sin is covered.**

## **II. The Prize In The Valley**

### **B. The prize of remembrance (143:5)**

#### **1. We remember how good God is**

**Psalm 111:4**

**He hath made his wonderful works to be remembered:  
the LORD is gracious and full of compassion.**

#### **2. We rest on how good God is**

**Psalm 119:52**

**I remembered thy judgments of old, O LORD; and have  
comforted myself.**

## **II. The Prize In The Valley**

### **C. The prize of reliance (143:6)**

#### **1. Confidence in God**

**Proverbs 3:26**

**For the LORD shall be thy confidence, and shall keep thy foot from being taken.**

#### **2. Confession of God**

**Psalm 34:6**

**This poor man cried, and the LORD heard him, and saved him out of all his troubles.**

### **III. The Path From The Valley**

#### **A. The path of prayer to God (143:1, 143:6)**

##### **1. The perspectives of prayer (v 1)**

**Psalm 6:9**

**The LORD hath heard my supplication; the LORD will receive my prayer.**

##### **2. The persistence of prayer (v 6)**

**Psalm 42:2**

**My soul thirsteth for God, for the living God: when shall I come and appear before God?**

### **III. The Path From The Valley**

#### **B. The path of praising God (143:10b)**

##### **1. Wholeheartedly**

**Psalm 9:1**

**I will praise thee, O LORD, with my whole heart; I will shew forth all thy marvellous works.**

##### **2. Wholly God**

**Psalm 145:10**

**All thy works shall praise thee, O LORD; and thy saints shall bless thee.**

### **III. The Path From The Valley**

**C. The path of practicing a walk (143:8b, 143:9b, 143:10a)**

**1. Trust in God (v 8b)**

**Proverbs 3:5**

**Trust in the LORD with all thine heart; and lean not unto thine own understanding.**

**2. Track to God (v 9b)**

**James 4:8**

**Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.**

## **III. The Path From The Valley**

**C. The path of practicing a walk - continued**

**3. Taught by God (v 10a)**

**Psalm 86:11**

**Teach me thy way, O LORD; I will walk in thy truth: unite my heart to fear thy name.**

# Final Thoughts

*Source: Don't Waste Your Cancer –Dr John Piper, Crossway, 2011*

**You will waste your valley if you ...**

- Do not believe it was designed for you by God**
- Think it is a curse and not a gift**
- Spend too much time reading about your valley and not enough time reading about Christ**
- Allow it to drive you into solitude instead allowing it to deepen your relationships with others**
- Grieve as those who have no hope**
- Treat sin as casually as you did before**
- Fail to use it as a means of witnessing to the glory and truth of Jesus Christ**

**Do Not Waste Your Valley!!**