

January 27

***Four tests in life: Number one: The valley test***

Valleys are low places in life. At times we each find ourselves in these low places, tempted to be depressed, to withdraw, to entertain feelings of failure and opportunities to quit. Valleys are not the best places to make some decisions. Our view is limited to those things which immediately surround us and therefore our vision is limited.

Don't be afraid that you will be left in your valley moments. Press through those low feelings and overcome the temptation to abandon your pursuits when feeling low. Remember, God is with you and will help you change what needs changing in your valley.

*Prayer for Today*

Lord, help me today to stay steady and strong through my valley tests that will come to me during my life. I know that I can trust You and know that You are true to Your character and desire to show Yourself strong on my behalf. Help me also to come alongside others and encourage them as they walk through their valley as well.

*Scriptures for Today*

Psalms 23:4-6 Yea, though I walk through the valley of the shadow of death, I will fear no evil; For You are with me; Your rod and Your staff, they comfort me. You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over. Surely goodness and mercy shall follow me All the days of my life; And I will dwell in the house of the LORD Forever. (NKJV)