

VALLEYS

HOW TO GET THROUGH THE TOUGH STUFF

When the World Falls Apart

Ecclesiastes 9:12; Jeremiah 5:30; Ezekiel 3:15; Psalm 143:3-4

How to Help a Friend in a Valley

Galatians 6:2

1. _____ up.
Job 2:11
2. _____ their pain.
Job 2:12-13; Romans 12:15
3. _____ without being asked.
Proverbs 3:27

How to Survive a Valley

1. _____ out to God.
Psalm 50:15; Lamentations 2:19
2. Let other _____ help.
Proverbs 17:17; Proverbs 27:10

How to Prepare for a Valley

1. _____ stronger relationships
with people near you.
Ecclesiastes 4:9-12
2. _____ your spiritual roots.
Jeremiah 17:7-8; Colossians 2:6-7