Thankful For The Valleys of Life

Adam Willingham · John 5:1–14

INTRODUCTION

- We need to be thankful for the good things. The mountaintops, you might say. But at the same time, we also need to be thankful for the valleys of life.
- It is not wise to blame God and to charge God with wrongdoing. We must learn to be thankful, not only in spite of the bad things, but actually be thankful for the bad things in life.

1 The Valleys of Life Could Be Much Worse

John 5:1–14

- Now a certain man was there who had an infirmity 38 years.
- See, you have been made well. Sin no more, lest a worse thing come upon you.
- Every one of us who have sinned deserve to be in hell. And so we are all better than we deserve.
- It could always be worse. And it is worse for so many others.

2 Be Thankful for What We Do Have Now

Numbers 11:4–6

- All such thinking fails to realize that we need to be thankful for what we do have now.
- But they weren't thankful for the manna because they wanted meat.
- If you are coveting that and not thankful for what you do have, you are, and I am sinning in such a case.
- The things that you and I take for granted in life, someone else is praying for that.

3 Change Your Attitude: An Attitude of Gratitude

Philippians 2:14; Philippians 4:8

- If you don't like something, then with the help of God, change it. And if you cannot change it, then change your attitude.
- Do all things without grumbling and disputing. No complaining, no grumbling. That's a command.
- Do you not still have the Lord? There are always spiritual blessings.
- Be thinking on good things. The pure, the positive, the pleasant, the powerful.

4 Be Grateful for the Valleys Themselves

James 1:2–4; 1 Peter 1:6–7; Hebrews 12:11

- More than being grateful despite the valleys, we should be grateful for the valleys themselves.
- Consider it all joy, my brethren. When you encounter various trials, knowing that the testing of your faith produces patience.
- Just like gold that is purified by the fire, so our spirits and our characters are purified and refined through the processes of the struggles and the difficulties of life.

- God is using these terrible things that happen to us and the suffering we endure to form our character to be more mature and more Christlike.

5 Something Good Always Comes Out of the Bad

2 Corinthians 12:7–10

- My grace is sufficient for you, for power is perfected in weakness.
- Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties for Christ's sake. For when I am weak, then I am strong.
- We need to be well content with the bad things, thankful for the valleys of life.
- Not just thank you in spite of the fact that I'm in prison, but thank you for the prison.

6 In Everything Give Thanks

1 Thessalonians 5:18; Philippians 4:6–7

- Thank you for all the suffering that I endure in life. Because it has made me a better servant of yours.
- In everything give thanks, for this is the will of God in Christ Jesus for you.
- He did not say, in some things give thanks, nor did he say, in the good things give thanks. He said, in everything.
- Even when we're asking God to remove the thorn from our lives, we need to do so with an attitude of thanksgiving for the thorns.

> THE CHALLENGE
>
> **Realize that however long and dark and hopeless the valley that you are in is, that it will not last forever.**

MY NOTES