

# Hope In The Dark

## Embracing God in the Valley (Week 3)

### LifeNotes

## TALK IT OVER

### Main Idea

Sometimes the most powerful praise comes before the most sought out provision.

### Key Scriptures

*But the Lord is in his holy Temple. Let all the earth be silent before him.*

Habakkuk 2:20

*A prayer of Habakkuk the prophet. On shigionoth. Lord, I have heard of your fame; I stand in awe of your deeds, Lords. Repeat them in our day, in our time make them known; in wrath remember mercy. God came from Teman, the Holy One from Mount Paran. His glory covered the heavens and his praise filled the earth. His splendor was like the sunrise; rays flashed from his hand, where his power was hidden. Plague went before him; pestilence followed his steps. He stood, and shook the earth; he looked, and made the nations tremble. ... I heard and my heart pounded, my lips quivered at the sound; decay crept into my bones, and my legs trembled. Yet I will wait patiently for the day of calamity to come on the nation invading us. Though the fig tree does not bud and there are no grapes on the vines, though the olive crop fails and the fields produce no food, though there are no sheep in the pen and no cattle in the stalls, yet I will rejoice in the Lord, I will be joyful in God my Savior. The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.*  
... Habakkuk 3:1-19

*Jesus Christ is the same yesterday and today and forever.* Hebrews 13:8

**There is hope in the dark not because of what He may do, but because of who He always is.**

### When you are in the valley:

1. Remember.
2. Embrace.

### Start talking.

- Why should it matter in the midst of darkness and pain that Jesus is alive?
- What confidence can come from knowing Jesus is always on His throne?

### Start thinking.

- Read Habakkuk 3:1-19. Why does Habakkuk instruct the people with “shigionoth”?
- How is Habakkuk able to focus on what he knows to be true of God’s nature in spite of his dark valley experience?
- In what ways does Habakkuk remember his God?
- How does he embrace God through this trial?

### Start sharing.

- How can you choose to rejoice in the midst of pain?
- How do we fully embrace both the difficulties in the valley and the unchanging love of the Lord?
- Habakkuk says, “the Sovereign Lord is my strength”. How does his strength come from what he has experienced to be true of God? How does that apply to your present circumstance?

### Start doing.

- Spend the next 10 – 15 minutes declaring the goodness of God. If you can, write it down. Make a list of His nature, His power, His actions that you have experienced to be true.

### Closing prayer.

Oh Jesus we cry out to you! You alone are the same yesterday, today, and forever. We declare your unending goodness, your continuing faithfulness, and your unceasing love. Help us remember your power, presence, and salvation when the valley is deep and when our burdens are darkest. Be our strength as we cling to and embrace you through our trials. We love you and bless your name!