

Week 1: Trusting God When Life Feels Uncertain or Overwhelming

Speaker: Patricia Driggers

How God Speaks to Us

- Audibly
- Inaudibly
- In Prayer
- Through His Word
- Through Preaching
- Through Nature (fig tree, mustard seed, donkey)
- In Everyday Occurrences (woman losing coin, last meal and oil, ten lepers)
- Through People (Moses, Jacob, Joseph, Job, Mary, Jesus, Paul, etc.)

When Going Through Trials Make Sure to H.A.L.T.

Never let yourself get too Hungry, Angry, Lonely, or Tired.

- Used in addiction recovery programs to help address potential triggers
- Letting yourself get too hungry, angry, lonely, or tired will make you more susceptible to depression, anxiety, and frustration during times of trial and tribulation.

"Never Trust the View from the Valley" (Pastor Damesworth, 7/20/25)

- Trust God's unchanging hand.
- Valleys are training grounds.
- Valleys shape and strengthen us and help us build faith.
- Valleys remind us He is God and we are not God.
- Valley shadows lie to us, rob us, try to destroy us, and defeat our confidence.
- BUT...valleys also:
 - Reveal our dependence on God
 - Help us discover God's grace
 - Refine our spirits
 - Prepare us for next level.
- Dig deep in the valley to build faith and learn what God is teaching you. (Psalm 23:4, Isaiah 40:31, Isaiah 40:4-5, Psalm 121:1-2)

Things to Think About

- How do you trust God when life feels uncertain or overwhelming?
- Give an example of a time you became too hungry, angry, lonely, or tired? What happened?
- Tell about a time you struggled during a trial but you saw God work in the situation. Did you recognize God's work during the trial, after the trial, or both?
- What Bible characters inspire you most when going through trials?
- What people have you personally known who inspire you when going through trials?

Pathway to Healing & Restoration | Fall Session: "Standing Firm in Trials"

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PATHWAY TO
HEALING AND RESTORATION

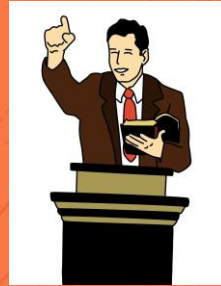
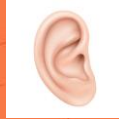
***“Standing Firm
in Trials”***

PATHWAYS
DISCIPLESHIP SERIES

Choose your path. Grow in your faith.

God Speaks

- Audibly
- Inaudibly
- In Prayer
- Through His Word
- Through Preaching
- Through Nature
- In Everyday Occurrences
- Through People



God Speaks Through Nature

- Bird winding up tree trunk (Brown Creeper)
- Cricket swimming in pond



God Speaks Through People

- Prophesying - future
- Word of knowledge – revelation of facts, either past, present, or future
- Word of wisdom – application of knowledge to solve problems or make decisions
- How people live their lives (We watch them as examples.)



Bro. and Sis. Gadd

- Lifetime of trials
- Always stood firm
- Sis. Gadd wrote autobiography



**How do you trust God
when life feels
uncertain or
overwhelming?**



HALT

Never let yourself get too Hungry, Angry,
(or hangry), Lonely, or Tired.

- Used in addiction recovery
- Helps address potential triggers



**Give an example of a
time you became too
Hungry, Angry, Lonely,
or Tired?
What happened?**

“Never Trust the View from the Valley” (Pastor Damesworth, 7/20/25)



- Trust God's unchanging hand.
- Valleys are training grounds to prepare us for transitions sometimes via other valleys.

Valleys

- Shape us
- Strengthen us
- Are a place to build our faith
- Remind us He is God in every season



Valleys

- Lie to us
- Rob us
- Try to destroy us
- Valley shadows defeat our confidence.



Valleys

- Reveal your dependence on God
- Help you discover God's grace
- Refine your spirit
- Prepare you for next level

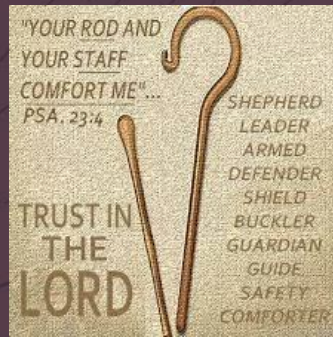


Valleys

- Dig deep in trials.
- Don't let valley experiences steal your praise!
- God is worthy! Hallelujah!!!



Yea, though I walk through the valley of
the shadow of death, I will fear no evil:
for thou art with me; thy rod and thy staff
they comfort me.



Psalm 23:4

But they that wait upon the Lord shall
renew their strength; they shall mount up
with wings as eagles; they shall run, and not
be weary; and they shall walk, and not faint.



Isaiah 40:31

Every valley shall be exalted, and every mountain and hill shall be made low: and the crooked shall be made straight, and the rough places plain: And the glory of the LORD shall be revealed, and all flesh shall see it together: for the mouth of the LORD hath spoken it.



Isaiah 40:4-5

I will lift up mine eyes unto the hills, from
whence cometh my help. My help
cometh from the LORD, which made
heaven and earth.



Psalms 121:1-2

Next Week:

Bro. Dave Driggers will be teaching
about equipping yourself with the armor
of God to face spiritual battles.

