



# MOUNTAINS & VALLEYS

## MOUNTAINS & VALLEYS

Psalm 102:27 (NIV)

December 1, 2024

Austin Gray, Youth Pastor

### MESSAGE NOTES

*Hear my prayer, Lord; let my cry for help come to You. Do not hide Your face from me when I am in distress. Turn Your ear to me; when I call, answer me quickly. For my days vanish like smoke; my bones burn like glowing embers. My heart is blighted and withered like grass; I forget to eat my food. In my distress I groan aloud and am reduced to skin and bones. I am like a desert owl, like an owl among the ruins. I lie awake; I have become like a bird alone on a roof. All day long my enemies taunt me; those who rail against me use my name as a curse. For I eat ashes as my food and mingle my drink with tears because of Your great wrath, for You have taken me up and thrown me aside. My days are like the evening shadow; I wither away like grass. But You, Lord, sit enthroned forever; Your renown endures through all generations. — Psalm 102: 1 – 12 (NIV)*

*But You remain the same, and Your years will never end. — Psalm 102:27 (NIV)*

*Praise the Lord, my soul; all my inmost being, praise His holy name. Praise the Lord, my soul, and forget not all His benefits—who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's. The Lord works righteousness and justice for all the oppressed. He made known His ways to Moses, His deeds to the people of Israel: The Lord is compassionate and gracious, slow to anger, abounding in love. He will not always accuse, nor will He harbor His anger forever; He does not treat us as our sins deserve or repay us according to our iniquities. For as high as the heavens are above the earth, so great is His love for those who fear Him; as far as the east is from the west, so far has He removed our transgressions from us. — Psalm 103:1 – 12 (NIV)*

*One of them, when he saw he was healed, came back, praising God in a loud voice. He threw himself at Jesus' feet and thanked Him—and he was a Samaritan. Jesus asked, "Were not all ten cleansed? Where are the other nine?" — Luke 17:15 – 17 (NIV)*

- 1. The God who sent you to it is the God who can get you through it.**
- 2. Spend time with the Artist.**
- 3. Nothing is lost when Jesus is gained.**
- 4. It's hard to hear God's voice when you've already decided what you want Him to say.**

**What is your 102 moment?**

**What is your 103 moment?**