

## “God of the Hills and Valleys”

### **1 Kings 20:28**

1. Humans speak of having experiences that are either “on the mountain top” or “in the valley”... that is good or bad experiences. Further, we tend to feel that when it is a “mountain top” experience that God loves us, or worse, that WE are the reason for the success we are enjoying! When we are in the midst of a “valley” experience we tend to feel that God is punishing us, or worse, the He is unaware, unconcerned and that our life is out of control and chaotic.
2. In “Biblical times”, pagans thought the same way. Each god had their sphere of influence for doling out good or evil... rain, heat, rivers, crops, oceans, sun, storms, insects, fire, fish, mountains, frogs, lightning, valleys, etc. They went so far as to sacrifice their children in an attempt to placate these gods, who were seen as perpetually angry or indifferent toward these humans who got in the way of their revelries.
3. The prophet Jeremiah, writer of **1 Kings 20:28**, is saying that our God, the one true God, is omnipotent and omnipresent IN THE ENTIRE COSMOS! In Psalm 139:7-12, David explores the idea of attempting to be somewhere where God is not.
4. In **Romans 8:28**, the Apostle Paul explains that, opposite of the viewpoint of the pagans regarding their gods, Yahweh, the Lord of all creation loves us and works ALL things for OUR good. **Proverbs 3:5-6 Genesis 50:18-20**
5. God offers the BEST gift for the WORST people. **Romans 5:8**
6. Seeing that that is the love and future that God offers us as a free gift, it should cause us to reevaluate **James 1:2-5 and Romans 5:3-5**.
7. I believe the point in all this is to be willing to surrender everything to the will of God’s sovereignty as in **Philippians 4:11-13** to experience **Philippians 4: 6-7**.
8. Jesus went through His “mountain top” experience **Hebrews 12:2-3, John 19:16-17 and John 12:32-33**, as well as His valley experience **Matthew 12:40 and Acts 2:31**.
9. Jesus WILL go *into* His *real* mountain top experiences (This is the joy that was set before Him) **Revelation 20:1-5 and Revelation 21: 1-7 and 22-26**.

# Hills and Valleys

Song by Tauren Wells

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## Lyrics

I've walked among the shadows  
You wiped my tears away  
And I've felt the pain of heartbreak  
And I've seen the brighter days  
And I've prayed prayers to heaven from my lowest place  
And I have held the blessings  
God, You give and take away

No matter what I have, Your grace is enough  
No matter where I am, I'm standing in Your love

On the mountains, I will bow my life  
To the One who set me there  
In the valley, I will lift my eyes to the One who sees me there  
When I'm standing on the mountain, I didn't get there on my own  
When I'm walking through the valley I know I am not alone  
You're God of the hills and valleys  
Hills and valleys  
God of the hills and valleys  
And I am not alone

I've watched my dreams get broken  
In You, I hope again  
No matter what, I know I'm safe inside Your hand

On the mountains, I will bow my life  
To the One who set me there  
In the valley, I will lift my eyes to the One who sees me there  
When I'm standing on the mountain, I didn't get there on my own  
When I'm walking through the valley I know I am not alone  
You're God of the hills and valleys

Hills and valleys  
God of the hills and valleys  
And I am not alone

Father, You give and take away  
Every joy and every pain  
Through it all, You will remain  
Over it all

Father, You give and take away  
Every joy and every pain  
Through it all, You will remain  
Over it all

On the mountains, I will bow my life, yeah  
In the valley, I will lift my eyes, yeah  
On the mountains, I will bow my life  
To the One who set me there (to the One who set me there)  
In the valley, I will lift my eyes to the One who sees me there  
When I'm standing on the mountain, I didn't get there on my own  
When I'm walking through the valley I know I am not alone (I'm not alone)  
You're God of the hills and valleys  
Hills and valleys  
God of the hills and valleys (You're the God of the hills)  
And I am not alone

You're God of the hills and valleys  
Hills and valleys  
God of the hills and valleys (You're the God of the hills)  
And I am not alone (the God of the valleys)

And I will choose to say, "Blessed be Your Name, yeah, yeah"  
And I am not alone