

Worshiping WHILE Weeping

When walking through the valley of the shadow of death, or any valley, as believers we have HOPE. We HAVE been given the Holy Spirit, through Jesus Christ, as a counselor and a comforter during times of suffering and trials.

Praying in the valley can leave one speechless at times. If you find yourself there, like I was, go to the Word of God. Ask the Holy Spirit to intercede! Seek God and the truth about His character revealed in the Bible. As you seek Him, you will find Him. In finding Him, you will experience His presence in ways you never have before. There is an intimacy with God waiting for those who are walking through the valley seeking Him.

Four Verses to Memorize for When You Find Yourself in the Valley:

- *Psalm 23:4 "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 28:7 "The Lord is my strength and my shield; my heart trusted in him, and I am helped: therefore my heart greatly rejoiceth; and with my song will I praise him."***
- *Romans 8:26-27 "Likewise the Spirit also helpeth our infirmities: for we know not what we should pray for as we ought: but the Spirit itself maketh intercession for us with groanings which cannot be uttered. And he that searcheth the hearts knoweth what is the mind of the Spirit, because he maketh intercession for the saints according to the will of God."*
- ***Romans 8:35, 37-39 "Who shall separate us from the love of Christ? shall tribulation, or distress, or persecution, or famine, or nakedness, or peril, or sword?... Nay, in all these things we are more than conquerors through him that loved us. For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come, Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord."***

Leading Your Heart to Give Thanks & Praise Him

Sometimes our heart attitudes need a nudge in the right direction. Even if we know what the Biblical response should be, because of our humanity, it isn't always natural for the fruit in our life to reflect what we know we should be doing, feeling, saying etc... In a world that tells us to "do what we feel." In these moments, it is best NOT to listen to that because the consequences might cause more pain and suffering. Instead, we are to seek God's Word for insight, understanding, comfort, and Truth regarding who He is, who we are, His promises in light of Eternity.

We need perspective. And sometimes, listening to others lead us to worship is the best thing for leading our hearts to follow God and obey Him. Here is a list of twenty songs for times of grieving, mourning, suffering, tribulation, and trials.

1. Hills and Valleys--Tauren Wells (you give and take away)
<https://youtu.be/p4rRCjrAyCs>-- acoustic https://youtu.be/8iDuZv_5MQk
2. Thy Will- Hillary Scott https://youtu.be/Dp4WC_YZAuw
3. Though You Slay Me https://youtu.be/qyUPz6_TciY
4. I Will Carry You- Selah <https://youtu.be/3ch6eXkQWU8>
5. Open Hands- Laura Story <https://youtu.be/AABE--YR1No>
6. Tell Your Heart to Beat Again- Danny Gokey <https://youtu.be/PkdkiuJgqXk>
7. In Christ Alone- Lauren Daigle <https://youtu.be/3ch6eXkQWU8>
8. Paths of Sorrow- All Sons & Daughters https://youtu.be/nMDNV9_KiN4
9. Save a Place for Me- Matthew West
<https://youtu.be/zbsBUf9VKyc?list=PLE4CCC95E5A374862>
10. Shoulders- For King & Country <https://youtu.be/TfiYWaeAcRw>
11. Psalm 23 - Shane & Shane <https://youtu.be/OoojA0cLPWY>
12. Even Unto Death- Audrey Assad <https://youtu.be/uAfp8vg4Jz8>
13. Hymns by Audrey Assad
https://youtu.be/zY5o9mP22V0?list=PL7_V7nXKouS2RdHr8vi-Y2CNhIWbuiC4r
14. I Will- Citizen Way https://youtu.be/k_bHd2-QhuQ
15. Oh My Soul- Casting Crowns <https://youtu.be/DjNZf878ISQ>
16. I Have this Hope- Tenth Avenue North <https://youtu.be/eBg9jHQte44>
17. Since Your Love-- Brandon Hampton <https://youtu.be/EWYO7IbK0L8>
18. Clean- Natalie Grant <https://youtu.be/5oI1V-sj1gc>
19. Still- Hillary Scott <https://youtu.be/APAgH2gfNHU>
20. Tears- Matt Hammit <https://youtu.be/J46hMyrTL7Y>