

The Israelites defeated the army of King Ben-Hadad on the top of a mountain. One of his assistants said to him: "Their gods are the gods of the hills. That's why they were stronger than us. If we fight them in the valleys, we will certainly defeat them." So Ben-Hadad attacked the Israelites in the valley. God said to the Israelites: "They think I'm just the God of the mountains and not the valleys. I will help you defeat them to show them that I am the God of both."

When we are on the 'mountain', getting good breaks and life is good, we know God is with us. But sometimes when we are in the 'valley', we think: "God, where are You? Why is this happening to me?" Be encouraged. Our God is also the God of the valleys. David says: "He is a very present help in times of trouble." So remember, when you are in the valley, God is right there with you, a very present help.

1 Kings 20:28 "The man of God came up and told the king of Israel, "This is what the LORD says: "Because the Arameans think the LORD is a God of the hills and not a God of the valleys, I will deliver this vast army into your hands, and you will know that I am the LORD.""