

Valley Life

By Yolanda Cohen Stith

Short Summary

Valley Life is a non-fiction book based on Psalm 23:4, “Even though I walk through the valley of the shadow of death, I will fear no evil for You are with me.” It’s a book about how God meets us in the depths of our deepest and darkest moments, where we need him most and come to know him in an intimate way.

My personal walk with God, which spans 40 years, is the context of *Valley Life*. It includes my personal valleys and how, by the grace of God, I have not only survived, but thrived as a Christian. The lessons that God taught me through relentless pain and suffering opened my eyes to see the purpose and value of walking through those valleys. In so doing, I gained a perspective of life that has been both healing and transforming for me. The valleys have led me to that for which my heart desperately longed: to truly know God—not just know *about* him, but know him “in the fellowship of my suffering,” even when all hell was breaking loose in my life.