

**The Roller Coaster of Life**  
**Deuteronomy 8:10-20**  
**Trusting God Through the Highs and Lows**

Life is a roller coaster for each and every one of us. I saw that growing up for my family. I saw the low points for my Dad and Mom, and I saw the high points for my Dad and Mom.

In my life, with my family, I've seen the low points and I've seen the high points. I've been through the climbs up and I've been through the falling down over and over again.

Life is full of ups and downs just like a roller coaster. Sometimes, we're up on the mountain top experiencing joy and blessings, but, at other times, we are in the valleys, facing trials and hardships. Every year is like this. We go through these seasons.

Sometimes we're upside down. Sometimes we're in the turns. Sometimes we close our eyes because we don't want to see what's coming next. We're afraid. We don't know what's going to happen. Sometimes we yell out with joy and excitement. Life is up and down and everywhere in between.

As believers in God the Father, the Lord Jesus Christ, and the Holy Spirit, we must learn to trust God through the climbing, the twisting, the turning, the throwing around, and the falling. We must have faith that he is control. He comforts us. He guides us. He'll get us through to the end.

**Life's Highs: Blessings From God**

When we are up on the mountaintop, it's easy to rejoice and feel strong in our faith. We receive blessings from God. Everything is going great.

**""Deuteronomy 8:10-12**

When thou hast eaten and art full, then thou shalt bless the LORD thy God for the good land which he hath given thee. 11 Beware that thou forget not the LORD thy God, in not keeping his commandments, and his judgments, and his statutes, which I command thee this day: 12 Lest when thou hast eaten and art full, and hast built goodly houses, and dwelt therein;""

You ate of the good things of life. You're full. Don't forget to bless the Lord thy God. He gave you those blessings. Verse 11 says, "Beware that thou forget not the Lord thy God." Don't forget about him. Don't forget about church. Don't forget to come worship God with us.

**""Deuteronomy 8:13-15**

And when thy herds and thy flocks multiply, and thy silver and thy gold is multiplied, and all that thou hast is multiplied; 14 Then thine heart be lifted up, and thou forget the LORD thy God, which brought thee forth out of the land of Egypt, from the house of bondage; 15 Who led

thee through that great and terrible wilderness, wherein were fiery serpents, and scorpions, and drought, where there was no water; who brought thee forth water out of the rock of flint;""

""**Deuteronomy 8:16-17**

Who fed thee in the wilderness with manna, which thy fathers knew not, that he might humble thee, and that he might prove thee, to do thee good at thy latter end; 17 And thou say in thine heart, My power and the might of mine hand hath gotten me this wealth.""

Remember the low points and who got you up out of there. God did it. Don't say in your heart, "My power and the might of mine hand hath gotten me this wealth." You didn't do it. God did it. When you were at the low point, God picked you up. God took you by the hand, and got you out of there. Don't forget that.

""**Deuteronomy 8:18**

But thou shalt remember the LORD thy God: for it is he that giveth thee power to get wealth, that he may establish his covenant which he sware unto thy fathers, as it is this day.""

Remember the Lord thy God through the roller coaster of life. He should be a constant in your life. This church should be a constant in your life. We worship him. We help you remember God. Take a few hours or more out of your week to come here and be with us.

## **God on the Mountain is Still God in the Valley**

I know my Mom loves this song so I want to quote the lyrics from God on the Mountain.

Life is easy when you're up on the mountain. And you've got peace of mind like you've never known. But things change when you're down in the valley.

Don't lose faith for you're never alone.

For the God on the mountain is still God in the valley. When things go wrong, He'll make them right. And the God of the good times is still God in the bad times. The God of the Day is still God in the night.

You talk of faith when you're up on the mountain. But talk comes easy when life's at its best. Now it's down in the valleys of trials and temptations. That's where your faith is really put to the test.

For God on the mountain is still God in the valley. When things go wrong, He'll make them right. And the God of the good times is still God in the bad times. The God of the day is still God in the night.

## **Do Not Forget God When Things Are Good**

### **""Deuteronomy 8:19-20**

And it shall be, if thou do at all forget the LORD thy God, and walk after other gods, and serve them, and worship them, I testify against you this day that ye shall surely perish. 20 As the nations which the LORD destroyeth before your face, so shall ye perish; because ye would not be obedient unto the voice of the LORD your God.""

This is why we stick together here. We will not forget God as we come together here 4 times per week to worship God and to hear his words. That's one reason we're here right now.

Hey, please listen, the danger during these times of being up on the mountaintop is forgetting God. We think we have achieved it all on our own. King Nebuchadnezzar learned this the hard way. He took credit for his kingdom and was humbled by God.

### **""Daniel 4:30-32**

The king spake, and said, Is not this great Babylon, that I have built for the house of the kingdom by the might of my power, and for the honour of my majesty? 31 While the word was in the king's mouth, there fell a voice from heaven, saying, O king Nebuchadnezzar, to thee it is spoken; The kingdom is departed from thee. 32 And they shall drive thee from men, and thy dwelling shall be with the beasts of the field: they shall make thee to eat grass as oxen, and seven times shall pass over thee, until thou know that the most High ruleth in the kingdom of men, and giveth it to whomsoever he will.""

While the word of arrogancy and pride was yet in his mouth, there fell a voice from heaven, "To thee, O king Nebuchadnezzar, the kingdom is departed from thee." Just like that, with the snap of a finger, his great kingdom was gone. And he was made like a beast of the field. Nebuchadnezzar ate grass like an oxen. God brought him low.

From the top, the most powerful king on earth, to eating grass like a beast of the field. Just like that. Remember that.

## **Life's Lows: Trusting God in the Valleys**

Just as life has lows. And it can get very low. I remember I was on the wrong path in life. The doctor told us something was wrong with our baby. I was on the road to Florida for a vacation. I remember pulling over, getting out, and crying. I was at a low point in my life because I was doing wrong in my life.

Just as there are highs in life, there are also deep valleys. Imagine a roller coaster at the very bottom in the large valley of the coaster. There are times of trials, suffering, and uncertainty. I've had skin cancer on my nose. And most of you probably haven't noticed it. That wasn't a lot of fun when they cut it out as I watched them do it lying there awake. And Pam watched them do it with me.

I've felt helpless before when one of my daughters couldn't breathe. She would wake up gasping at night saying, "Daddy, I can't breathe. I can't breathe." And I had to calm her down. And then the oxygen they were giving her wasn't working. They kept raising the oxygen level and she still wasn't breathing better. That's a low point. That's fear. That's when you must go to God.

""**1 Peter 5:6-7**

Humble yourselves therefore under the mighty hand of God, that he may exalt you in due time:  
7 Casting all your care upon him; for he careth for you.""

I've been in arguments with my wife and kids. Low points. I don't want those things. I love my wife and my kids.

I've lost jobs. I've gotten jobs. Lows and then highs. And then lows again. Get ready for it. Young men and women in here. Get ready for it. Lows, highs, lows, twists, turns, climbing, falling, up and down, over and over again. Get ready for it. And remember, God is a constant and steady rock for you through all these things.

""**Psalm 121:1-3**

I will lift up mine eyes unto the hills, from whence cometh my help. 2 My help cometh from the LORD, which made heaven and earth. 3 He will not suffer thy foot to be moved: he that keepeth thee will not slumber.""

I'm in a valley. Look at that Scripture again. I'm down here low in the valley. "I will lift up mine eyes unto the hills, from whence cometh my help." When you're at a low point, what do you do? Lift up your eyes my friend. Just look up. "My help cometh from the Lord, which made heaven and earth." Hey, know who you've got with you.

## **Take a Look to God When You're in the Valley**

God doesn't lie to you. Watch what he says:

""**Isaiah 41:10**

Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.""

God says, "For I am with you. For I am thy God." You are no one else's. You are his. He's got you. "I will strengthen thee; Yea, I will help thee. I will uphold thee." Hey, he will hold you up. Don't you forget this. There will be lows in your life. Make sure you understand.

""**2 Corinthians 1:3-4**

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort; 4 Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God.""

That's why we come together as the body of Christ. We comfort each other through the roller coaster of life. "That we may be able to comfort them which are in any trouble."

Life's journey is unpredictable for us. We may have our own plans, but God directs our steps. Put God first. Get to church every time we're here. Fight through the things trying to stop you.

Pray that you'll always be able to get here. This church is a gift from God to help support, encourage, and strengthen you. He put us all here together to help each other. I need help too. I need your prayers. Please pray for me.

## **The Twists and Turns: Unexpected Changes in Life**

Twists and turns are coming. Joseph experienced unexpected twists and turns in his life. He was betrayed by his brothers, sold into slavery, falsely accused, thrown into prison.

But, in the end, he recognized God's hand in everything, saying: "But as for you, ye thought evil against me; but God meant it unto good, to bring to pass, as it is this day, to save much people alive." Sometimes things happen so others can be saved. Remember that. Hey, I'll take all the problems and troubles so others can be saved.

Hey, maybe I lost my job so more people can be saved. Hey, maybe I lost this or that so more people can be saved. That's what we want.

## **Holding on to Faith: Trusting God Through It All**

Please listen to this. Life is a roller coaster. Just as you're holding on tight throughout the ride, we must hold on tight to the Lord Jesus Christ. Our faith in Jesus is what keeps us safe and secure. No one else can keep us safe and secure.

### **""Hebrews 10:23**

Let us hold fast the profession of our faith without wavering; (for he is faithful that promised;)""

Hold on tight to the right things. Let go of the things that aren't helping you. Let go of the things you think comfort you. Let go of the alcohol. It's a deception. Let go of the marijuana. It's a deception. You're trusting in the wrong things to comfort you. Let go of the cigarettes that you think calm you down. It's a deception. I promise you.

Instead, hold fast to the one who loves you. Hold fast to the Lord Jesus Christ. Hold his hand when you need help. I promise you that he will be there for you.

### **""Matthew 11:28-30**

Come unto me, all ye that labour and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn of me; for I am meek and lowly in heart: and ye shall find rest unto your souls. 30 For my yoke is easy, and my burden is light.""

Hold onto Jesus as you go through the roller coaster of life. His promises to you are good.

When Peter walked on water, he was doing good as he kept his eyes on Jesus Christ. He knew Jesus could hold him up. But as soon as he focused on the storm, he began to sink. Hey, when you're at the low points, lift up your eyes and look to your help. Look to the Lord. Don't focus on the storm.

When you're having trouble, get to church. Don't go away. Don't stop. Don't focus on the troubles. Look to the Lord. Lift up your eyes and look to Jesus. Don't sink. Fix your eyes on Jesus, and you can endure anything. And I mean anything.

## **Expect the Roller Coaster Ride of Life**

The Bible tells us to expect these highs, lows, twists, and turns throughout our life. We are on a roller coaster of life.

### **""Ecclesiastes 3:1-4**

To every thing there is a season, and a time to every purpose under the heaven: 2 A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted; 3 A time to kill, and a time to heal; a time to break down, and a time to build up; 4 A time to weep, and a time to laugh; a time to mourn, and a time to dance;""

### **""Ecclesiastes 3:5-8**

A time to cast away stones, and a time to gather stones together; a time to embrace, and a time to refrain from embracing; 6 A time to get, and a time to lose; a time to keep, and a time to cast away; 7 A time to rend, and a time to sew; a time to keep silence, and a time to speak; 8 A time to love, and a time to hate; a time of war, and a time of peace.""

There's rejoicing. There's crying. There's joy. There's pain. It's going to happen. Be ready.

### **""1 Peter 1:6-7**

Wherein ye greatly rejoice, though now for a season, if need be, ye are in heaviness through manifold temptations: 7 That the trial of your faith, being much more precious than of gold that perisheth, though it be tried with fire, might be found unto praise and honour and glory at the appearing of Jesus Christ:""

For a season, you will be in heaviness. You will have trials of your faith. Don't give up. Jesus is with you. We are with you.

### **""Deuteronomy 31:8**

And the LORD, he it is that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.""

Are you seeing that right there? The Lord goes out before you go out there. The Lord is ahead of you in your life. He knows where you're going. He will be with thee. He will not fail thee. He will

not forsake thee. Fear not. Neither be dismayed. God is our refuge and strength. A very present help in trouble.

## **Examples of Ups and Downs from God's People**

### **Joseph**

Joseph went from the pit to the palace. Even in his darkest moments, God was with him. His trials led him to fulfill God's bigger plan.

### **Job**

Job went from wealth to suffering to restoration. Job was the richest man in the East. Large family. Many possessions. He loved God. He lost his wealth, his children, and his health. His friends falsely accused him. God restored Job and gave him twice as much. Even when everything seemed lost, Job held onto his faith. "Though he slay me, yet I will trust in him."

### **David**

David went from being a shepherd to a slayer of Goliath, to a king, and to a fugitive. He was anointed king as a shepherd boy. He defeated Goliath. He became a great warrior and beloved king. Saul became jealous and tried to kill David. He fled, lived in exile, and hid in caves. He sinned with Bathsheba. He lost children. His own son rebelled against him. But David always turned back to God. "The Lord is my shepherd; I shall not want."

### **Elijah**

Elijah went from reigning down fire from heaven to hiding in fear. He called down fire from heaven. He defeated the false prophets of Baal. He prayed and God sent rain after years of drought. He was a mighty prophet of God working miracles. He became afraid and ran for his life. He asked God to take his life. God reminded Elijah that he was still in control and spoke to him in a still small voice. Even in our lowest points, God is near.

### **Peter**

Peter went from bold faith to bitter denial. He walked on water. He boldly declared that Jesus is the Christ the Son of the living God. He became a leader among the disciples. He preached at Pentecost. But he began to sink when he took his eyes off Jesus. He denied Jesus three times. He felt discouraged and went back to fishing. But Jesus restored Peter. He gave him a mission. Peter went on to boldly preach and was used mightily by God. Even after failure, God can restore us.

### **Paul**

Paul went from persecutor to preacher to prisoner for the Lord Jesus Christ. Paul had been persecuting God's people. He was converted. He became a powerful preacher. He wrote much of



the New Testament. He suffered beatings, shipwrecks, imprisonments, and persecution. But Paul remained faithful. "I have fought a good fight. I have finished my course. I have kept the faith."

### **Sarah**

Sarah went from barrenness to the Mother of Nations. She wanted a child badly. But she couldn't have one. God promised her she would be the mother of nations. She miraculously gives birth to Isaac at 90 years old. She struggled with not being able to have a child for decades and felt hopeless. She doubted God's promise. She laughed at God. She made horrible decisions. But, even when God's timing seems impossible, he remains faithful and fulfilled his promise to her.

### **Hannah, Mary, and Ruth**

Hannah had deep sorrow over barrenness but God gave her Samuel the great prophet of God. Mary the mother of Jesus received the highest blessing of bearing the Christ but also the deepest sorrow by watching him die on the cross. Ruth went from losing her husband to poverty to blessed in God's plan.

## **Conclusion: Life is a Roller Coaster with Unexpected Times**

Don't forget these examples. Life is a roller coaster for all of us. Ups and downs. Unexpected turns. But, remember, through it all, God is faithful. It's time for a new start because of what you're hearing today. Let's all start new today and know what's coming. Ups and downs, twists and turns, are coming.

When you're on the mountain top, praise God. When you are in the valley, trust God. When life takes unexpected turns, and it will, surrender to his will for you. He wants you here with us. Hold on to your faith. Don't let go. Keep your eyes on Jesus. Remember, the final destination is so worth it.

One day, the roller coaster of life will stop, and we will step into eternity because we have trusted in Jesus Christ. You'll take a big sigh of relief that the ride is over. You will experience everlasting joy in the presence of God.

Are you in a valley today? Lift up your eyes to the hills. Your help comes from the Lord. If you're in a season of blessing, don't forget God. He's the one who brought you here. Let's commit today to trust him no matter where the roller coaster of life takes us!

Let's pray.